SELF

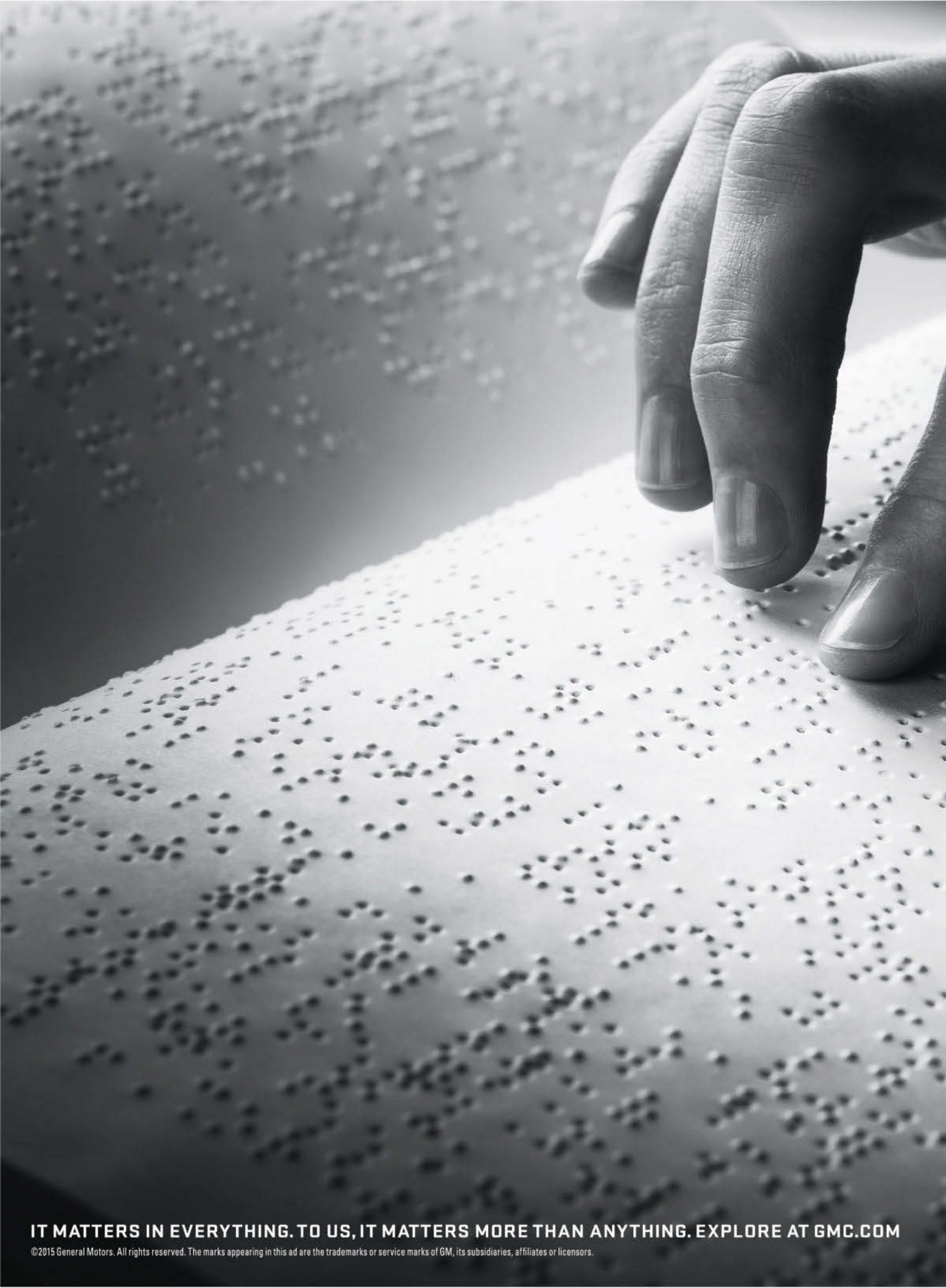
THE INCREDIBLE
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DREAM BODY, 24/7 DRIVE, BALANCING IT ALL

ABS / ARMS / BUTT
ONE WEEK, EPIC RESULTS

SHAZAM THE COVER TO SEE KARLIE IN ACTION!
P. 4

BEST BODIES IN THE WORLD

+ 115 WAYS TO WIN YOUR WORKOUT



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(AUGUST)

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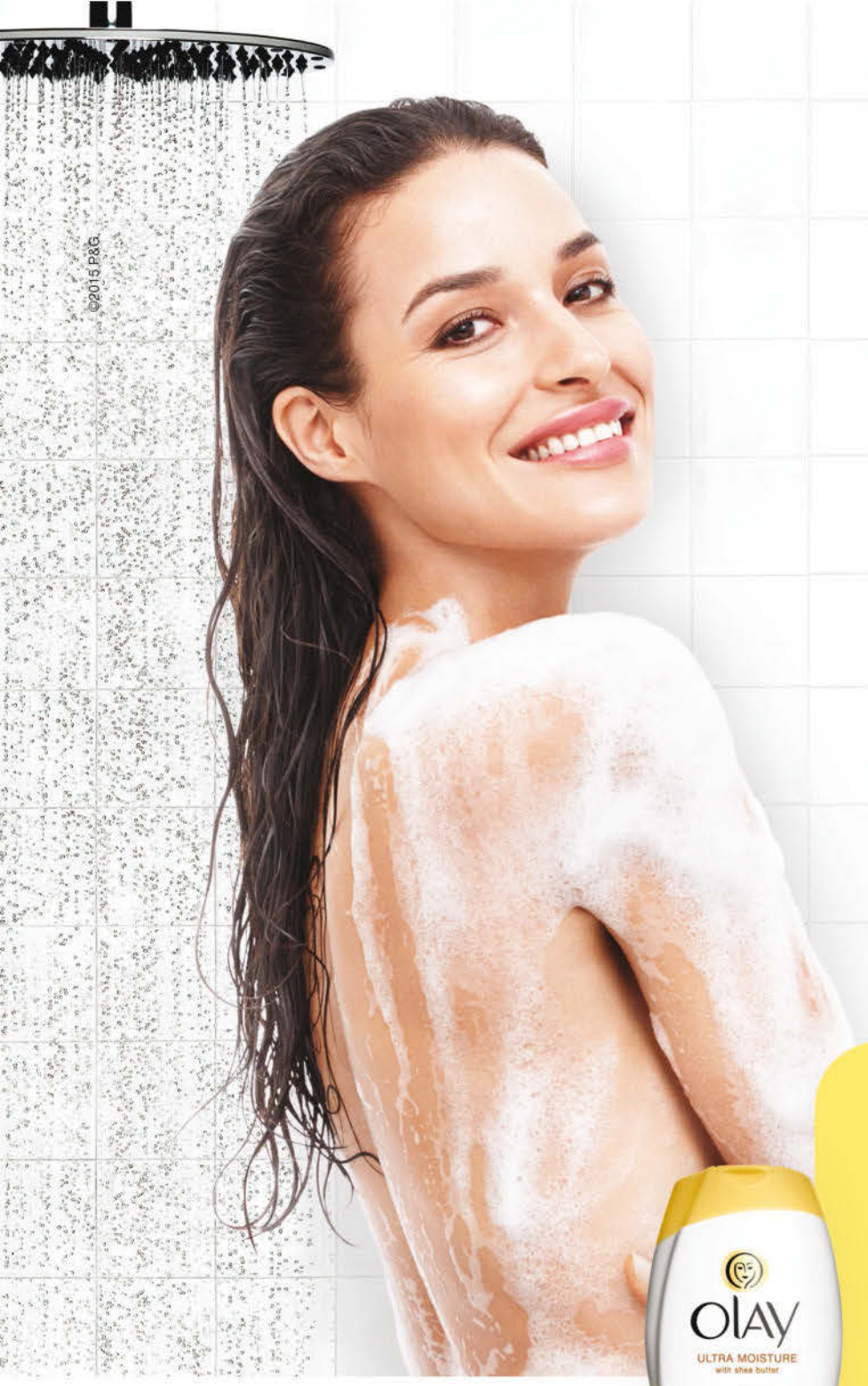
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STYLING, LINDSEY FRUGIER; HAIR, MAARIT NIEMELA AT D+V MANAGEMENT; MAKEUP, ELIAS HOVE AT JED ROOT; MANICURE, MICHELLE HUMPHREY AT LMC; PRODUCER, THE PRODUCTION CLUB LONDON.

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Your skin transformation begins on Olay.com

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SELF + SHAZAM!

We've partnered with Shazam to help you get even more out of each issue. Starting this month, look for the Shazam icon on our pages to access exclusive videos, extra recipes and much more.

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CLOCKWISE FROM TOP LEFT: BJARNE JONASSON. NIGEL COX. PAOLA KUDACKI. ROBBIE FIMMANO.


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Photographed by Paola Kudacki in New York City. Styling, Melissa Ventosa Martin; hair, Kevin Ryan for Unite; makeup, Sil Bruinsma at Streeters; manicure, Casey Herman for Chanel Le Vernis; prop styling, Eli Metcalf at Lalaland Artists.

CLOTHES Bangles and custom swimsuit, Proenza Schouler. See Get-It Guide.

GET THE LOOK L'Oréal Paris Advanced Haircare Power Moisture 10 Second Hydra-Detangler, $7. L'Oréal Paris Brow Stylist Designer in Brunette, $8



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CLOCKWISE FROM TOP LEFT: JON PATERSON. NIGEL COX. COURTESY OF MAHEKAL BEACH RESORT. ANDREW PURCELL.

"TOAST LOVE, LAUGHTER AND EVER AFTER."
UNKNOWN

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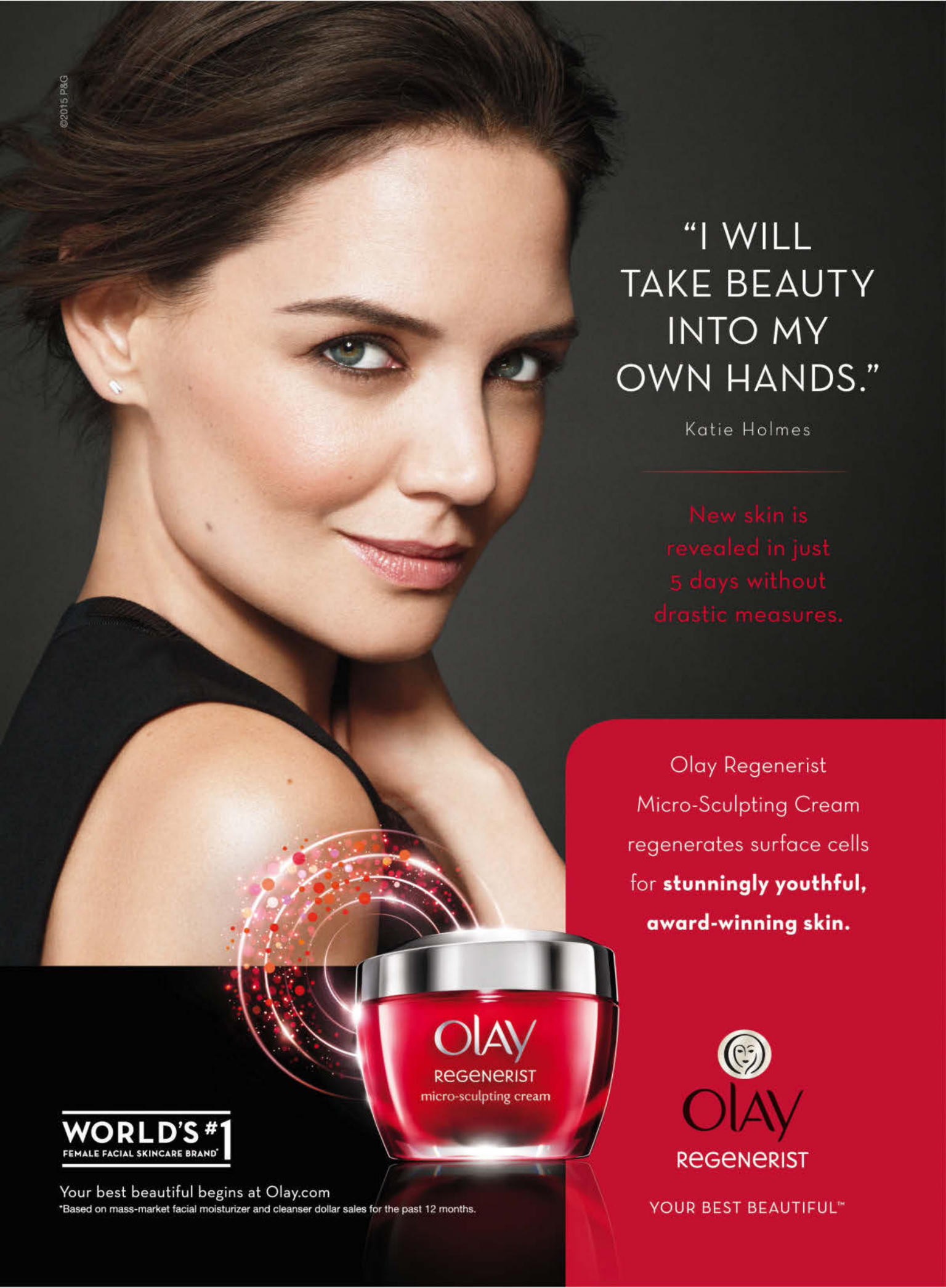
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Katie Holmes

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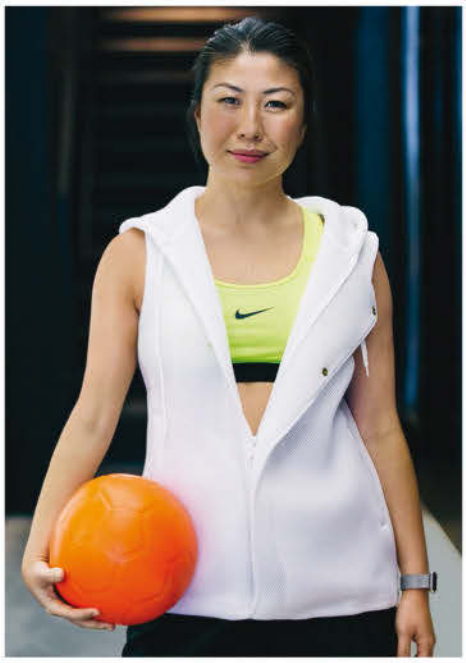
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*Based on mass-market facial moisturizer and cleanser dollar sales for the past 12 months.

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EDITOR'S LETTER

SHAZAM!

Welcome to the first-ever Shazam-able issue of SELF. Sure, we all know how to whip out our phones at a bar or in the car to find the name of a new song. But now you can use this app to unlock bonus video and many other experiences in SELF. Try it everywhere you see the Shazam icon in the magazine. Cool, no? This is our first foray into a Shazam-able world, so I'd love to hear what you think.

The bad news is that we can't Shazam you a Karlie Kloss body on demand. There's no magical substitute for hours logged at the gym and a healthy lifestyle. The good news, however: It's totally possible to transform your body in less time than you ever imagined. We sent a writer to the U.S. Olympic Training Center in Colorado Springs to see how far she could go (page 94).

Our Best Bodies issue is my favorite of the year because it celebrates not just physical perfection but also a winning mind-set. Our athletes portfolio (page 84) will take your breath away. But it's the stories of their drive and motivation that will inspire you to work toward your best body—and your best self.

Joyce Chang
Editor-in-chief
Email **joyce@self.com**
Twitter **@joycemarg**
Instagram **@joycemarg**

Reaching my personal best

To me, "best body" is less about looking hot and more about seeing what I'm capable of. So I challenged myself (a nonrunner) to race the Nike Women's 15K Toronto. The goal: to finish—*and* enjoy the journey.

15K

IS 9.3 MILES. MY MANTRA: IF YOU CAN RUN 6, YOU CAN RUN 9.



Air Zoom Vomero 10, $140; Nike.com



My training ground: the chic new Nike 45 Grand in NYC.

MY SECRET TO POWERING THROUGH: A LOT OF STRETCHING (AND A COUPLE OF MASSAGES, TOO)

SOME RUNNERS PUSH SO HARD, IT HURTS. I LIKE TRAINING ENOUGH SO THAT IT FEELS EASY.



I finished strong and happy and took home a Nike medal, a Tiffany & Co. pendant.



PORTRAITS, CLOCKWISE FROM TOP LEFT: SASHA ISRAEL; STYLING, ALEXANDRA GURVITCH; HAIR, YOICHI AT ART DEPARTMENT AND ERIN GREEN AT ART DEPARTMENT. PHIL OH. SASHA ISRAEL. STILL LIFES, FROM LEFT: STUART TYSON. MADELEINE BOARDMAN.

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(SELF)

STARTER



ICE THERAPY

Now you can get your juice fix on a stick. Try one before a workout for sweet results.

BY KRISTIN CANNING

Juice lovers have a cool new way to enjoy their fruit and veg. EatPops are basically chilled-out smoothies, blending mangoes, carrots and pineapples; Outshine bars mix apples and greens. And when it comes to working out, icy treats may beat juice: Eating a pop before exercising in the heat can improve results, says Jason Kai Wei Lee, lead physiologist at DSO National Laboratories in Singapore. In one study, runners who drank a slushy before a 10K outperformed those who drank room-temp beverages by an average of 15 seconds. Lee theorizes that the frozen drink kept runners from overheating, letting them push harder—and that ice pops could have the same effect.

EATPOPS 3 for $7, Eat-Pops.com

MAKE YOUR OWN PERFORMANCE POPS. Recipes at Self.com/go/pops

MAKEUP, JOHN MCKAY FOR CHANEL LES BEIGES POWDER; MODEL, NICKAYLA RIVERA AT PHOTOGENICS L.A.; PRODUCTION, KELSEY STEVENS PRODUCTIONS. SEE GET-IT GUIDE.

Photographed by IAN ALLEN
Styled by JESSIE COHAN

FITNESS INSIDER

This month's finds and trends will inspire you to get up and moving.









ESCAPE

Take a cue from these fitspo stars and break a sweat in an awe-inducing outdoor setting. A study in the journal *Emotion* found that experiencing this kind of wonder may lower inflammation levels, which can lead to less stress and better overall health.



THE FACE FLIPS OVER!

track

It's a watch and tracker in one: The iFit Duo's clever reversible face displays the time on one side, fitness-tracker data on the other. Use it to monitor steps, heart rate (when used with a chest strap) and calorie burn. **$300; iFit.com**

walk

Newbie runners, consider this permission to take a walking break if you need one during your next run: First-time marathoners who walked one minute for every 1.5 miles finished as quickly as those who ran the entire race—but walkers felt less pain and fatigue, per a new German study. Now, enjoy that postrun brunch!

SHOP

Tracksmith, the men's running line with a cult following, now has a women's collection. The tanks, shorts and jackets all pair classic Ivy League style with modern performance features, like antimicrobial mesh. **Van Cortlandt, $65 each; Tracksmith.com**

See the most inspiring yoga Instagram accounts to follow at **Self.com/go/instagramyoga**.

STILL LIFES, FROM TOP: WATCH, STUART TYSON; WATCH SCREEN, COURTESY OF IFIT. DEVON JARVIS; STYLING, ANITA SALERNO. ALL OTHERS: COURTESY OF SUBJECT'S INSTAGRAMS.

HEALTHY NOW

The latest trends and tips to live better this month

Next-gen iced teas

These unexpected brews have health benefits that rival green tea's. Pour one over ice for your new go-to drink.

HIBISCUS

This caffeine-free herbal tea (left) is brewed from dried hibiscus flowers for a tangy, exotic pink beverage.
THE PERKS Hibiscus tea not only offers antioxidants like vitamins A and C but also provides high levels of iron.
BRANDS TO TRY Davidson's Te De Hibiscus, The Republic of Tea Hibiscus

GUAYUSA

Brewed from the dried leaves of Amazonian holly trees, guayusa has a smooth, sweet flavor.
THE PERKS This natural energy drink has more antioxidants than green tea and 90 milligrams of caffeine per serving (equivalent to a cup of coffee).
BRAND TO TRY Runa Guayusa Tea (in bags or bottles)

BARLEY

Roasted barley grains are steeped in hot water to create a caffeine-free drink with a warm, toasty flavor.
THE PERKS Barley tea has been shown to improve circulation, which may lower your risk of heart disease. It's also used in Chinese medicine as a digestive aid and stomach soother.
BRANDS TO TRY House Barley Tea, Celestial Seasonings Roastaroma

SHAZAM THIS PAGE FOR MORE REFRESHING ICED TEAS TO TRY.

FROM LEFT: ANDREW PURCELL; FOOD STYLING, CARRIE PURCELL. TOM SCHIRMACHER/AUGUST.

35 to 50

THE NUMBER OF FLUID OUNCES PER HOUR THAT WOMEN SWEAT WHILE WORKING OUT—SO REMEMBER TO HYDRATE!

SOURCE: MICHAEL F. BERGERON, PH.D., EXERCISE SPECIALIST

STOP MOTION SICKNESS

Two quick tricks to fight nausea on the go:

PICK THE RIGHT SEAT Sit over the plane's wings or in the car's passenger seat, says Michael Hoffer, M.D., professor of otolaryngology at the University of Miami Miller School of Medicine. On a boat, face the horizon with both feet on the deck.

BREATHE SLOWLY Using your diaphragm, take eight slow breaths per minute. This pace reduces queasiness better than breathing at a normal rate, according to a study in *Aerospace Medicine and Human Performance*.



THE VERDICT

Oxygen shots

Mini oxygen canisters are getting buzz as sports recovery boosters, but the benefits may be less than breathtaking. A few puffs after a hard run might make you feel better in the moment, says Norman H. Edelman, M.D., senior consultant for the American Lung Association, but the effect probably won't last beyond your exhale. The best way to avoid being winded after you exercise? Keep training, he says.



SELF APPROVED

BEST URBAN TRAILS

Located within major metropolitan areas, these running paths offer greenery, cityscapes and open spaces that make the miles fly by.

BY KELLY BASTONE

Chicago Lakefront Trail

CHICAGO

From dawn until dusk, runners and cyclists flock to the paved 18-mile lake path (pictured above) that offers views of the city skyline to the west and azure Lake Michigan to the east. The northernmost miles pass sandy beaches, then go off pavement through a bird sanctuary. The southern end shows off the best views of downtown's architecture: At Promontory Point, enjoy a sweeping panorama of silver skyscrapers.

Bridle Path

NEW YORK CITY

A liberating ribbon of green amid Manhattan's concrete jungle, this wide, smooth path in Central Park weaves around the verdant North Meadow. Insider tip: For primo people watching, start or finish your run with a 1.6-mile loop on the track encircling the iconic Jacqueline Kennedy Onassis Reservoir.

Butler Trail

AUSTIN, TEXAS

Officially named the Ann and Roy Butler Hike-and-Bike Trail, this flat, dirt-and-gravel gem circumnavigates a lakelike part of the Colorado River that divides downtown Austin from the historic mansions of Travis Heights. You can change your running surface on part of the 10-mile loop by switching to the new floating boardwalk.

City Park

NEW ORLEANS

Spend some time with the Big Easy's oldest inhabitants—800-year-old oaks with massive, arching branches—in this park. Situated a few miles north of the French Quarter, the 1,300-acre space also boasts gardens, bayous, a network of paved and dirt trails, and even a 1-mile track.

Frick Park

PITTSBURGH

Thick forests of oak and maple hug an extensive network of dirt paths, keeping city bustle at bay. Newbies can tackle the gentle slopes on the 1.2-mile Tranquil Trail; fitter runners will find 2.4 miles of technical and aerobic challenges on Braddock Trail.

High Line Canal Trail

DENVER

A flat path parallels the High Line Canal on the city's outskirts, past cottonwood trees and open grasslands. Best of all? The breathtaking views of the Rockies.

Joaquin Miller Park

OAKLAND, CALIFORNIA

Bordering Oakland's residential eastern edge, the packed-dirt Big Trees Trail in hilly Joaquin Miller Park features shaggy redwoods. Hang a right when you sync up with the 3-mile Sequoia-Bayview path, which plunges down to a fern-lined creek before climbing a hill with panoramas of downtown.

Tidal Basin

WASHINGTON, D.C.

In springtime, runners pass through tunnels of petals from Japanese cherry trees on this 2-mile paved loop in West Potomac Park. But even with no blooms, it's a stunner. You'll jog by monuments—they're lit at night, making this an inspiring evening run.

Photographed by RYAN LOWRY


TAKE YOUR HAIR
TO PARADISE
CLAIROL
Herbal Essences
HAIR THAT SMELLS AS GOOD AS IT FEELS
© P&G 2015

ACE EVERYTHING

GRAND TOUR

New contributing editor **Maria Sharapova** shares her secrets for feeling good on the go.

As a pro tennis player and founder of my own candy business, Sugarpova, I'm constantly on the road. In fact, this month I'm heading to New York City for the U.S. Open after working—and playing—in 10 different countries so far this year. Yet, in spite of my busy travel schedule, I always have to be on my game from the moment I land. Here are my tricks for staying in peak form wherever I am.





AVOID THE GLARE
I like to wear sunglasses that look chic but don't overpower my face. My favorite style is Sir O'Malley Sun.
$510; Oliver Peoples.com

HIT PAUSE
Between tennis and Sugarpova, I work hard. But I also take a nap every afternoon. Resting my body *and* mind is important to me.

BRING BEAUTY BASICS
In my bag, you'll always find hand cream, lip salve and a small bottle of perfume, my last touch before heading out.
$850; Alexander Wang.com

BREAK A SWEAT
After a long trip, I try to do something good for my body, like 30 minutes of intervals on a bike, alternating 15-second bursts with 2-minute recoveries.

CHOOSE VERSATILE PIECES
I love jumpsuits! They're casual, but you can dress them up with a statement necklace, too.
Derek Lam 10 Crosby, $695; DerekLam.com

PACK CLASSICS
I try to bring simple, elegant pieces. Isabel Marant is always on point.
$1,100; 323-651-1493

WARM UP
I keep a cashmere scarf on hand—I get cold on airplanes.
$304; FalieroSarti.com

SIT SMARTER
On long flights, I wear Nike Pro compression tights under my pants to maintain good circulation.

STASH SNACKS
I bring my own food on planes: dried mangoes, almonds, Justin's Chocolate Hazelnut Butter and a bag of fresh mint for tea.

BEAT JET LAG
After landing in a new city, I skip the caffeine until my body adjusts to the new time zone. It's hard but worth it.

CHELSEA MCNAMARA; PROP STYLING, WENDY SCHELAH AT HALLEY RESOURCES. PORTRAIT: GETTY IMAGES.

SHAZAM THIS PAGE FOR SHARAPOVA'S EXCLUSIVE WORKOUT.



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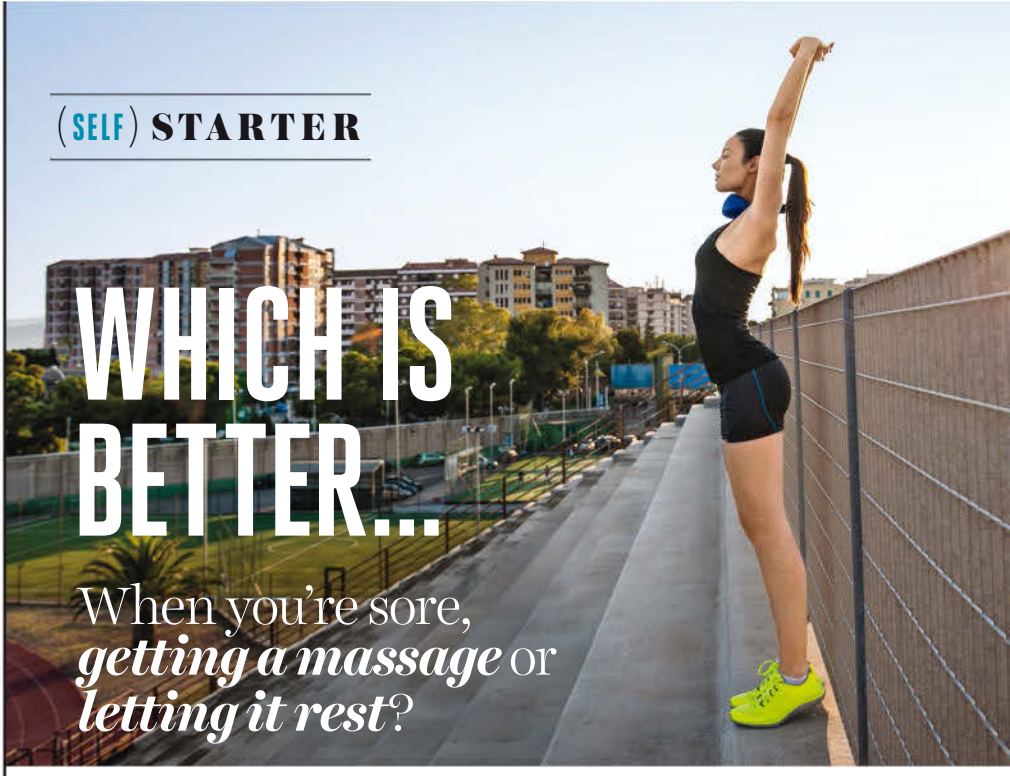
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WHICH IS BETTER...

When you're sore, *getting a massage* or *letting it rest*?

BOOK A RUBDOWN. It's good for your muscles and may reduce soreness, says Mark Tarnopolsky, M.D., director of the neuromuscular and neurometabolic clinic at McMaster University Medical Center. "Muscles contain pressure sensors that respond to stimulation. A session as short as 10 minutes can decrease inflammation and rev up the growth of mitochondria, the powerhouses of cells," he explains. The pressure won't do damage (it's a myth that massaging sore muscles can cause internal bleeding), but it may feel slightly uncomfortable, especially at first. Make an appointment with a pro for the day after a big race—if you're really tender, request "gentle pressure" to relieve pain and speed recovery. To rebound after your regular workouts, invest in a foam roller, which Dr. Tarnopolsky says can mimic the beneficial effects of massage.



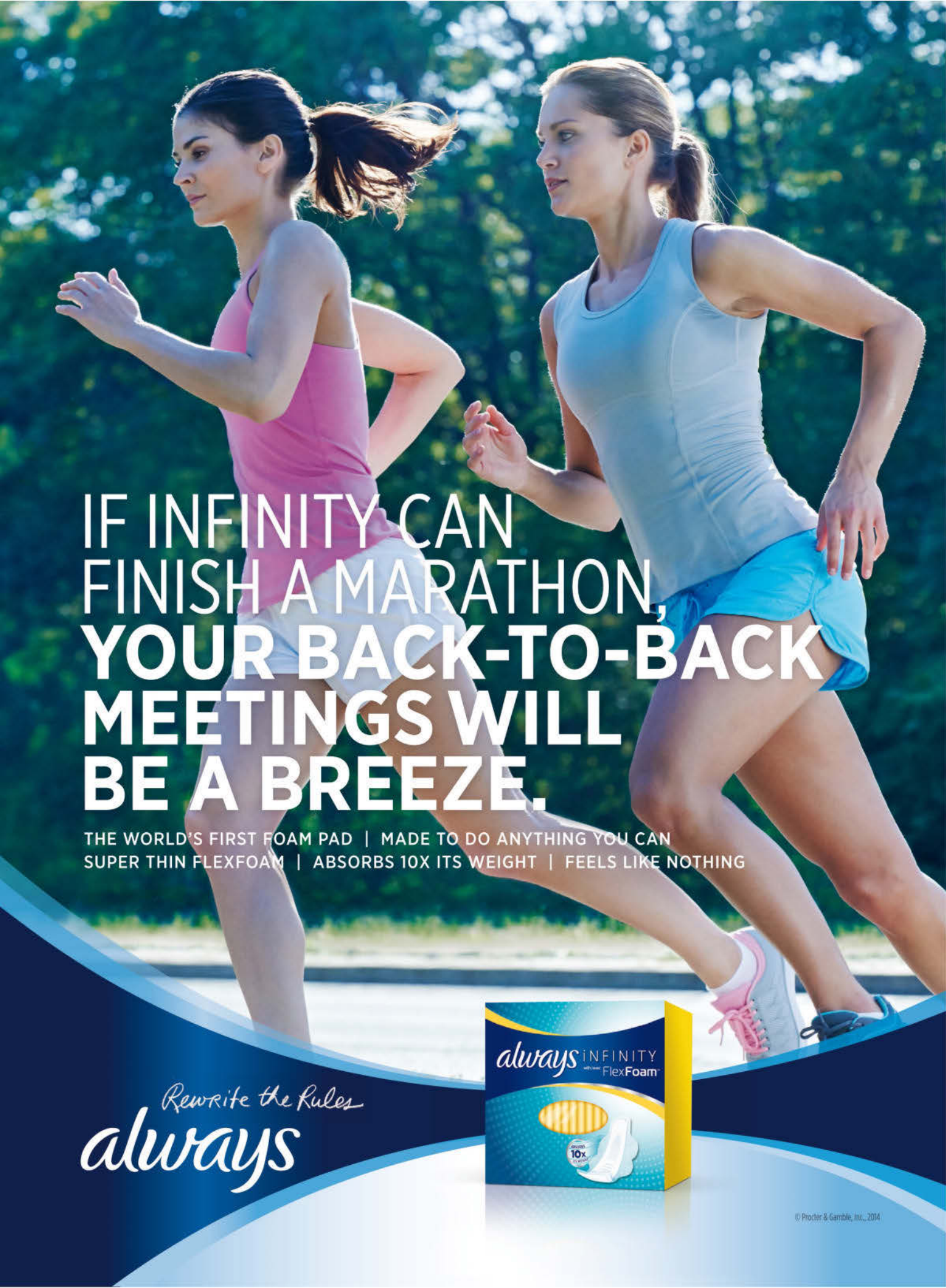
WHICH IS WORSE...

A PIÑA COLADA or a MARGARITA?

WATCH OUT FOR MARGARITAS. Both drinks can pack more than 400 calories—but while piña coladas contain only rum, margaritas have tequila plus triple sec, which can mean an extra 2 to 3 ounces of high-calorie alcohol per drink, says Katie Cavuto, R.D., a dietitian and culinary nutritionist in Philadelphia. Also, restaurant margaritas tend to be bigger, saltier and even more sugary than piña coladas, thanks to the premixed limeade. These could trigger your craving for another round. The coconut cream in the piña colada does have fat, but Cavuto says it can make this splurge more filling. Lighten up either cocktail by using ingredients with no added sugar.

We want to hear from you! Tweet **@SELFmagazine** with your #WhichIsBetter question.

GALLERY STOCK (2)


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HOT IN HOLLYWOOD

→ The beauty, fitness and food trends that stars are loving

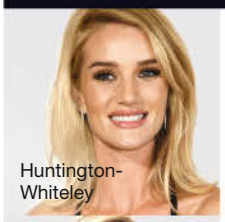
BY SARA GAYNES LEVY

ECO PICK

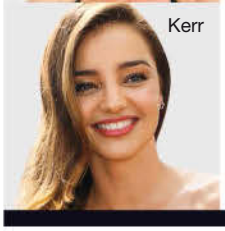
Priti NYC

Kerry Washington and Jessica Alba like this brand's vegan nail polishes, which contain none of the five most harmful chemicals in standard lacquers. Choose from 100-plus high-gloss, chip-resistant shades. (There's also a soy-based polish remover—Washington's go-to.)

CLOCKWISE FROM TOP Black Prince Orchid, Fairy Petticoat, Sea Orchid, Italian Alder and Red Head Cactus, $15 each; PritiNYC.com



Huntington-Whiteley



Kerr

CULT-FAVE CLASS

Ballet Bodies

To get a ballerina's sculpted physique, you have to train like one. Enter Ballet Bodies, the West Hollywood studio created by former New York City Ballet member Andie Hecker. "My students put in work like a dancer would," she says. Clients including Rosie Huntington-Whiteley, Taylor Swift and Miranda Kerr love the body-transforming benefits of going beyond the barre to perform classic ballet moves. "I keep a private clientele in mind," Hecker says. "There's a back entrance, small classes and lots of attention."

LUNCH SPOT

FREDS AT BARNEYS

The famed New York City department store's buzzy eatery is now open in Beverly Hills, too. Celebs like Rashida Jones and Ashley Madekwe have stopped in to sample the fare (all fresh and local, of course). Re-create one of its signature dishes, a vegan kale salad:

KALE AND RAW VEGETABLE SALAD

Shred 2 bunches kale. Slice 2 peeled oranges and 4 mushrooms. Julienne 2 stalks celery, 1 large carrot, 1 bulb fennel, 1 small beet, 1 green zucchini and 1 yellow zucchini. Combine all ingredients and set aside. Blend ½ cup raw cashews, ¼ cup fresh orange juice, ¼ tsp black pepper, 1 seeded red bell pepper, 1 garlic clove and ½ onion in a food processor while adding ½ cup olive oil. Toss salad mix with dressing. Top with ½ cup dried cranberries. Serves 4.



CLOCKWISE FROM TOP LEFT: JON PATERSON. ZACH DESART. SPLASH/CORBIS IMAGES. WIRE/GETTY IMAGES.

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IMAGE

IN THE FRAY

Denim has an edge this season: It's raw and ripped just right. BY SARA GAYNES LEVY

Jeans are headed in a new direction for fall. Hot now: a cropped, frayed-all-over hem and relaxed fit. The distressed effect riffs on skateboard culture and girls who like to hang with the boys. For a sexy turn, pair your jeans with a body-con tunic that's slit at the sides, like the ones Stella McCartney and Edun showed on their runways. Grab cutout booties and a cool bag, and you're ready to roll.

TUNIC Edun, $795; Barneys New York **JEANS** 3x1, $295; Shopbop.com **BAG** $2,250; Fendi .com for stores **SHOES** Missoni, $880; 212-517-9339 **SKATEBOARD** Lacoste Live; Lacoste .com for information

HAIR, KENNA AT ART DEPARTMENT; MAKEUP, KOUTA AT JED ROOT; MANICURE, GINA EDWARDS FOR CHANEL LE VERNIS; MODEL, JULES MORDOVETS AT REQUEST.

Photographed by BEN MORRIS
Styled by LINDSEY FRUGIER

THE ROUNDUP

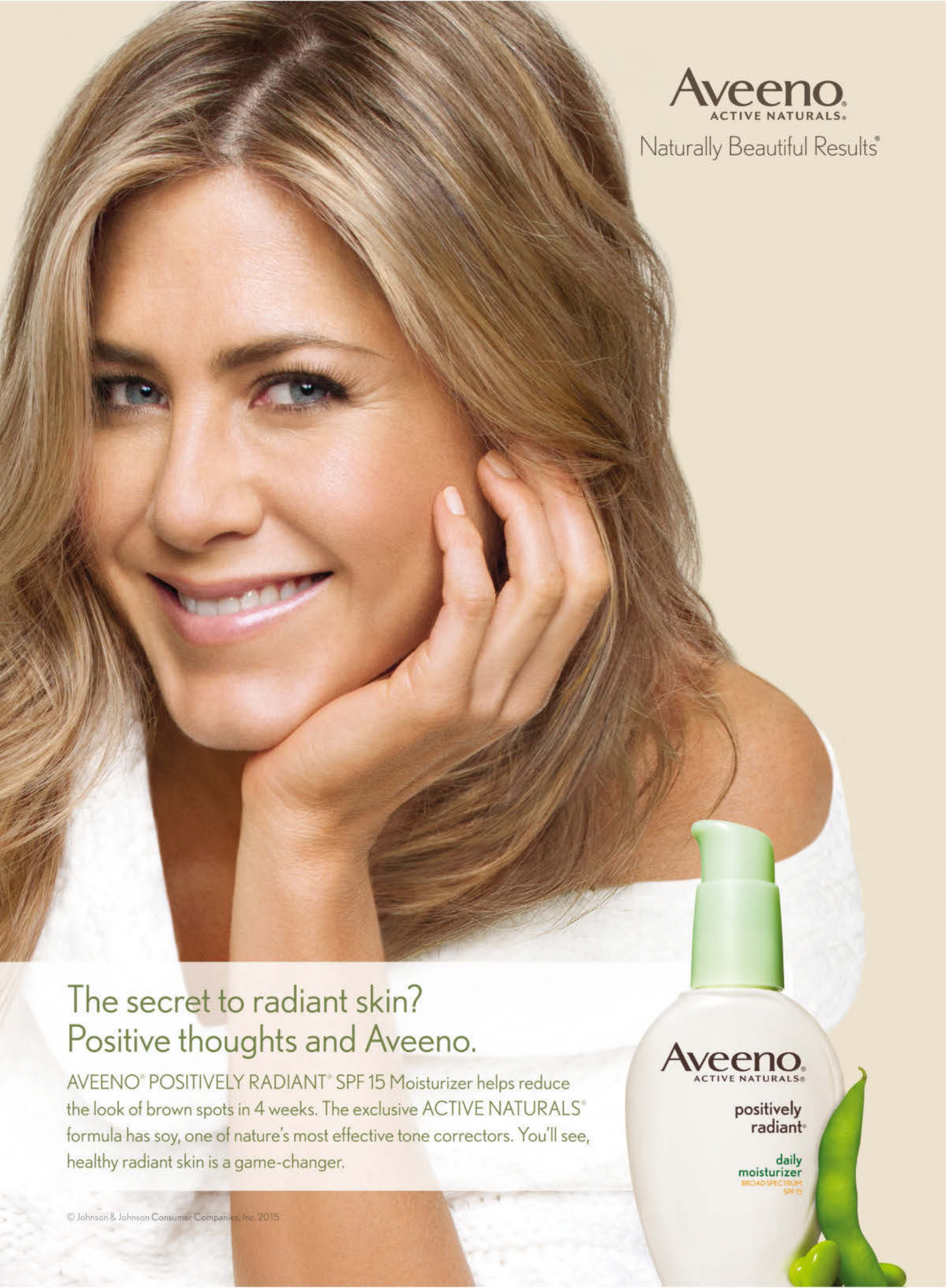
ART MAJOR

Tops, skirts, bags and more are canvases for cool graphic prints—wear one to make a statement.

PROP STYLING, CHARLIE WELCH.

1. BAG Paula Cademartori, $2,195; Net-A-Porter.com
2. TOP Etro, $910; 404-939-9210 **3. DRESS** M Missoni, $895; 305-466-3939 **4. SNEAKERS** Etro, $678; 212-317-9096 **5. SKIRT** Koché, $2,310; Ikram, 312-587-1000 **6. PASSPORT CASE** $38; JonathanAdler.com **7. TOP** $190; Cocurata.com **8. SHOES** $229; PrettyBallerinas.com **9. CLUTCH** $185; KentStetson.com

Photographed by GREG BROOM
Styled by DANIA ORTIZ


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National Taste Test 2013; Silk Vanilla Almondmilk vs. dairy milk. Character is a trademark of WhiteWave Foods.



FIT X FASHION

DEREK LAM'S GOT GAME

The fashion designer teams up with Athleta for a new line that works hard, plays hard. BY SARA GAYNES LEVY

When Derek Lam does workout clothes, he likes to flex his creative muscles. "I really enjoyed working with fabrics that you might not necessarily think of as athletic fabrics," he says of his new collab, Derek Lam 10C Athleta. The 37-piece line, which launches next month, includes washable (yes!) leather shorts and jogging pants, silky color-block tanks and a slick two-in-one hooded jacket with a detachable sweatshirt. "Everything can be used in multiple workouts—from yoga to running—and then through your day," says Athleta president Nancy Green. Or, as Lam notes, "It's about fashion, but it also works for your life."

3 THINGS THAT INSPIRE HIM

SPIN CLASS
"I just got into SoulCycle. After class, you want to look pulled together, even if it's just four blocks away!"

ELECTRO BEATS
"Chromeo is always in my headphones: It's perfect city music."

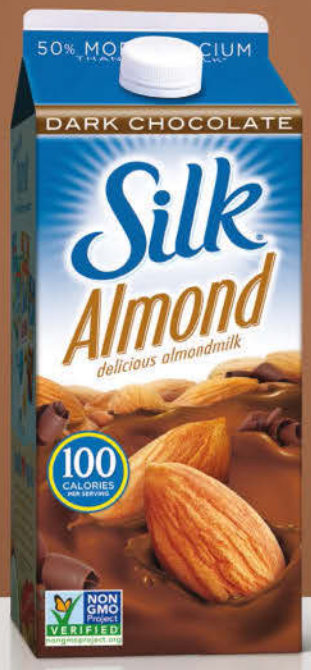
TECH FABRICS
"They're so much fun to work with. I want to integrate some of these innovations into my runway line."

FRANCES TULK-HART; STYLING, LINDSEY FRUGIER; HAIR, GARETH BROMELL AT SEE MANAGEMENT; MAKEUP, JUNKO KIOKA FOR CHANEL; MANICURE, HOLLY FALCONE FOR CHANEL LE VERNIS; MODEL, YSAUNNY BRITO AT THE SOCIETY; STILL LIFES, FROM TOP, COURTESY OF ATHLETA DEREK LAM 10 CROSBY. STUART TYSON; STYLING, JUDITH TREZZA. COURTESY OF ATHLETA DEREK LAM 10 CROSBY.

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SELECTS

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The watch's bold display lets you control your playlist; add a color-block bag for a graphic combo.
WATCH Kenneth Cole, $135; Macy's
BAG Chanel, $4,300; 800-550-0005



Pair flashes of rose gold—the watch also has GPS to map your workouts.
WATCH LG Electronics, $350; LG.com
BAG Dior, $2,700; 800-989-3467

THE FIND

SPORTY WATCHES & BAGS

Smart designs and standout details keep you going from studio to street.



Mix the modern (a watch-slash-fitness tracker) with the classic (a quilted bag).
WATCH Sony Mobile Communications, $250; Store.Sony.com
BAG Michael Michael Kors, $368; MichaelKors.com for stores



Nice curves: on the bag and the watch—its rounded face lets you easily text, email and make calls.
WATCH From $200; Samsung.com
BAG Chloé, $2,080; Bergdorf Goodman.com

Photographed by TAEA THALE
Styled by DANIA ORTIZ

MANICURE, JACKIE SAULSBERY FOR DIOR VERNIS; MODEL, AFIYA BENNETT AT MARILYN MODELS. SEE GET-IT GUIDE.


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HAIR REPORT

BODY BOOST

It's thicker, stronger, healthier hair for the win! Try our four-step plan.

BY KAYLEEN SCHAEFER

Amazing body: It's what you want from head to toe, your hair included. And as with any fitness goal, the right routine can take you there. It all starts with eating well and keeping your scalp healthy. Then look for styling products that fight flatness, plus a blowout that doesn't take tons of time but delivers gorgeous results—exactly like what you want from your workout.

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1

START ON THE INSIDE

A healthy diet helps hair grow strong. The superstar ingredient you want: vitamin H, also known as biotin. "It's crucial for building protein, which hair is primarily made of," says New York City dermatologist Francesca Fusco, M.D. Aim to get 30 micrograms a day from foods like eggs, milk, nuts and sweet potatoes. Also, keep stress in check: A stealth hair saboteur, it can destabilize hormones, triggering a cascade of effects that weaken hair over time, Dr. Fusco says. Even a daily 10-minute stretch may help.

2

FOCUS ON YOUR SCALP

Fuller hair always starts at the roots. Keeping your scalp in good condition promotes circulation to the follicles, so you can avoid shedding and thinning, Dr. Fusco says. Stick with a routine that mimics how you care for your skin. Rub on a hair scrub once a week to exfoliate dead cells, then cleanse with a gentle oil-infused shampoo like Shu Uemura's ($57). Finish with an antioxidant-based booster, like Groh Ergo Boost Hair & Scalp Conditioning Treatment ($59), to bring on thick, glossy hair.

3

BUILD MORE VOLUME

The next generation of styling products does more than just provide a temporary boost. John Frieda's genius new Luxurious 7 Day Volume In-Shower Treatment ($10) bulks up hair with polymers and proteins that last through three to five washes. Aveda Thickening Tonic spray ($28) delivers a shot of vitamin-rich herbs to plump your strands from root to tip, while Garnier Fructis Full & Plush Mega Full Thickening Lotion ($4) fluffs up hair with weightless cotton extracts for body that lasts all day.

4

PUMP UP YOUR BLOWOUT

The right blowout can supersize your hairstyle. Celeb stylist Sally Hershberger's tips: Invest in a hair-dryer that won't fry your strands (the Remington TStudio nozzle emits conditioning particles) and apply mousse for grip. Start blow-drying with a paddle brush, working from the back to the front of your head to create movement. Finish with a round brush around the crown to add bounce, and spritz on dry shampoo all over. "This absorbs any oil so your hair will stay clean and shiny," Hershberger says.



STILL LIFES: JEFFREY WESTBROOK; PROP STYLING, WENDY SCHELAH AT HALLEY RESOURCES (EXCEPT HAIR MASK: JON PATERSON).


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SPOTLIGHT

INSTANT ENERGY

Rev up your summer look with these bright makeup shades.

A pop of color can give you a quick boost, and this season's sheer formulas are beyond easy to pull off. Just pick a single feature to focus on: "Think of color as the punctuation to an otherwise minimal look," says L'Oréal Paris celebrity makeup artist Sir John. Lorac's jewel-toned shadows light up eyes, and berry tints from Lancôme and CoverGirl leave lips flushed. On nails, Yves Saint Laurent's watercolor rose is subtle, while Essie's cerulean blue stands out on the sand. At night, perk up cheeks with Urban Decay's candy-color blushes. Or get your fix with Guerlain's sun-kissed bronzer: Its sporty, reusable aqua case is fun all on its own. —*Alexandra Engler*

1. Lorac Alter Ego Eye Shadow Palette in Heartbreaker, $24 **2.** Essie nail polish in Make Some Noise, $9 **3.** Lancôme Paris Juicy Tubes lip gloss in Rouge Neo Neon, $18 **4.** Urban Decay Afterglow Blush in Bang, Bittersweet, Crush and Quiver, $26 each **5.** Yves Saint Laurent La Laque Couture Pop Water Nail Lacquer in Rose Splash, $27 **6.** CoverGirl Jumbo Gloss Balm Creams in Strawberry Frappe, $7 **7.** Guerlain My Terracotta Bronzing Powder in Natural Blondes, $55

STYLING, SARA WACKSMAN AT JED ROOT.

Photographed by CARLTON DAVIS


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THE CLOSE-UP

IN THE CLEAR

News flash: Acne affects 55 percent of women. Here's how to fight it off, fast. BY ALYSSA GIACOBBE

CLEAR-SKIN SECRETS Get tips from the women who tested these treatments at **Self.com/go/acne.**

WHICH ACNE SOLUTION IS

THE DRUGSTORE FIX

WHO IT'S FOR

If you have occasional breakouts, try an over-the-counter system, like Benzac's three-step Complete Acne Solution Regimen with salicylic acid, or PanOxyl's spot treatment and cleansers with benzoyl peroxide.

WHY IT WORKS

The active ingredients in both lines range from 0.05% to 10% in strength to clear up congested pores. Benzac also relies on calming East Indian sandalwood oil, while PanOxyl's creamy wash has a patented formula to help minimize irritation.

WHAT TO KNOW

A bit of dryness and peeling is normal, even with these mild remedies. To keep your complexion in check, start by applying a thin layer of product only once a day, then build up to using it twice a day.

LAURENT DARMON/TRUNK ARCHIVE. STILL LIFES: JEFFREY WESTBROOK; PROP STYLING, WENDY SCHELAH AT HALLEY RESOURCES.



RIGHT FOR YOU?

THE TOPICAL RX	THE ORAL RX
If you get pimples that linger and are slightly red or inflamed, try a prescription-strength topical cream or gel, says NYC dermatologist Joshua Zeichner, M.D. Two effective options: Aczone and Onexton.	If you have acne that's very red and painful, or zits that could be related to hormonal shifts (and often appear around the jaw), consider oral treatments, like isotretinoin (formerly Accutane) and spironolactone.
Both gels battle moderate acne and the swelling associated with it. Aczone gets the job done with a 5% dose of the anti-inflammatory dapsone. Onexton contains an antibiotic plus 3.75% benzoyl peroxide to further declog pores.	Isotretinoin is still the gold standard, but it's now being used at gentler doses to lessen side effects (like skin dryness). Spironolactone is best for hormonal acne: It stops testosterone from binding to oil glands, decreasing sebum and bacteria.
It's best to use prescription gels on your entire face. "You want to treat the pimples you have and the ones you don't have yet," Dr. Zeichner says. "If you just focus on one spot, you're always playing catch-up."	There's a time commitment. Isotretinoin starts working in weeks. Full results take six to eight months but can last for years. Spironolactone takes three months to kick in and works as long as you stay on it.

3 MORE SKIN HEROES



THE COVER-UP
To hide a blemish quickly, tap on concealer, then set with powder. "Don't rub or overblend," says Kim Soane, Bobbi Brown's director of global artistry.
Bobbi Brown Face Touch-Up Palette, $48

THE SPOT FIX
No need for multistep acne routines? Dab on a 2% salicylic acid cream to nix random zits without overdrying your skin.
Acneworx Gentle Acne Treatment Cream, $38

THE SCAR MINIMIZER
Used over time, this sleek roller improves skin's texture and lessens the look of scars.
Environ Gold Roll-CIT, $300



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FLEX APPEAL

Stretching just feels good, and research shows that doing it right can elevate your results.

BY JENNA AUTUORI DEDIĆ

Everyone has an opinion on stretching—your yoga teacher, your jogging buddy, the random trainer at the gym. No wonder we're all confused about when and how to do it...or whether we even should. But the latest science shows stretching gives you a boost: It can help you run faster, jump higher and lift heavier weights. The key is to do the right kind at the right time.

Static moves are what most of us think of when we think STRETCHING > 46

SPORTS BRA Monreal London **PANTS** Olympia Activewear **SNEAKERS** Under Armour

15

The ideal number of seconds to hold a stretch

SHAZAM THIS PAGE FOR EVEN MORE PRE- AND POSTWORKOUT STRETCHES.

STYLING, LINDSEY FRUGIER; HAIR, DENNIS GOTS FOR KERASTASE; MAKEUP, JOHN MCKAY FOR CHANEL LES BEIGES POWDER; MANICURE, MAYA APPLE AT NAILING HOLLYWOOD; PRODUCTION, 3STAR PRODUCTIONS; MODEL, HANA MAYEDA AT MARILYN AGENCY. SEE GET-IT GUIDE.

Photographed by BEAU GREALY

of stretching (like touching your toes or holding your foot to your glutes to stretch your quad). These kinds of moves benefit you most post-workout because they help release lactate buildup in muscle fibers and improve circulation, says exercise physiologist David Behm, Ph.D., who studies the effects of stretching on athletes. The result: You're less tight and achy the rest of the day—and you'll feel better during tomorrow's session.

What you don't want to do is static moves *pre*-workout. Instead, spend five minutes on dynamic stretches—walking lunges, leg swings, arm circles—to prime your muscles for the work ahead. Athletes who did dynamic stretches before exercise weaved more quickly through cones—plus they improved their balance and agility, per a *Journal of Sports Science and Medicine* study.

Doing classic static stretches before exercising creates imbalances that "loosen and relax muscle fibers to a point that they can't contract properly when exerted," Behm says. That can set you up for injury and hinder performance. You want your muscles tight enough to snap into action and propel you. The payoff? You'll go further, faster.

STRETCH IT OUT

Perform better every time you exercise by integrating the ideal mix of pre- and postsession moves for different types of workouts.

	RUNNING	SPINNING	STRENGTH TRAINING
BEFORE	**LATERAL LEG SWING** Stand with feet hip-width apart, palms on a wall at chest height. Keep legs straight as you swing right foot across body, left to right, for 1 rep. Do 15 reps; switch sides. **UP UP UP** Run in place with high knees for 30 seconds. Then run in place, kicking heels to butt, for 30 seconds.	**CATERPILLAR** Stand with feet hip-width apart. Bend at hips and walk hands out into a plank; pause. Slowly walk feet in to hands and stand for 1 rep. Do 15 reps. **LUNGE SERIES** From a high plank, bring left foot outside of left hand. Pause; quickly return to start. Repeat with right leg for 1 rep. Do 15 reps.	**LUNGE REACH** Stand with feet hip-width apart. Step right foot back into lunge position as you extend straightened arms overhead. Return to start for 1 rep. Do 8 reps; switch sides. **ROTATOR** Stand with feet shoulder-width apart. Extend arms out to sides at shoulder height. Twist torso left, then right, for 1 rep. Do 8 reps.
AFTER	**RUNNER'S LUNGE** Step right foot forward into a lunge, bending knees 90 degrees (left knee on floor). Press hips forward. Hold for 15 seconds; switch sides. **HIP FLEXER** Stand with feet together, right leg crossed over left. Bend forward at hips, letting arms hang. Hold for 15 seconds; switch sides. ***—Andia Winslow,*** *Winslow Way Conditioning*	**FIGURE FOUR** Stand with feet shoulder-width apart. Cross right ankle over left knee and bend knees; press on right knee. Hold for 15 seconds; switch sides. **FROGGER** Stand with feet shoulder-width apart. Turn toes out and squat; open knees with elbows. Hold for 15 seconds. ***—Lisa Niren,*** *Peloton Indoor Cycling*	**SEATED V** Sit on floor, legs straight and extended in a V. Exhale and lower chest to right leg. Hold for 20 seconds, then switch sides. **OPEN UP** Stand with feet shoulder-width apart. Keep arms straight as you raise them out to sides at shoulder height, palms up. Pull arms back; hold for 20 seconds. ***—Chan Gannaway,*** *Orangetheory Fitness*

TRAINER TO GO

SLIDE & SCULPT



Gliding disks ($15; PowerSystems.com) upgrade standard strength moves by forcing you to constantly engage your core muscles to keep your balance. Bonus: They're not only a lightweight and portable tool, they're also fun to use.

YOUR TRAINER **Natalie Uhling,** creator of NuFit in New York City and Radius Master Trainer

YOU'LL NEED two gliding disks, or you can use paper plates or two small hand towels.

DO THIS three times a week. Complete the moves in order; repeat two or three times.

JUSTIN STEELE: STYLING, LINDSEY FRUGIER: HAIR, TAKUYA SUGAWARA AT WALTER SCHUPFER MANAGEMENT; MAKEUP, JUNKO KIOKA FOR CHANEL.

1 BRIDGE SLIDE

Works glutes, abs, legs

Lie faceup with arms flat at sides, knees bent, heels on gliders. Lift hips to form a straight line from shoulders to knees. Engage abs and slide right foot forward, straightening leg (as shown). Return to start. Repeat with left leg for 1 rep. Do 15 reps.



2 ELBOW-KNEE TUCK

Works shoulders, arms, abs

Start in a high plank, left toes on glider. Bend right elbow and drop onto right forearm. Return to start. Bend left knee and slide foot forward as you reach right hand to touch left knee (as shown). Return to start for 1 rep. Do 15 reps. Switch sides; repeat.



3 PIKE AND JACK

Works shoulders, abs, glutes, quads

Start in a high plank with toes on gliders, feet together. Engaging abs, bend at waist and lift butt to ceiling as you pull toes toward hands (as shown). Return to start. Slide feet out to sides and back for 1 rep. Do 15 reps.



4 PUSH-UP AND REACH

Works shoulders, arms, abs

Start in a high plank, hands on gliders. Do a push-up. Slide left arm forward, reaching through shoulder and bending right elbow slightly (as shown). Return to start. Repeat with right arm for 1 rep. Do 15 reps.



JUSTIN STEELE: STYLING, LINDSEY FRUGIER; HAIR, TAKUYA SUGAWARA AT WALTER SCHUPFER MANAGEMENT; MAKEUP, JUNKO KIOKA FOR CHANEL.

5 TWIST AND SLIDE

Works arms, obliques, lower abs, quads

Start in a high plank, right toes on glider. Lift right hand to ceiling and twist body to right, opening into a side plank with both feet on floor (as shown). Return to start. Slide right foot out to side and back in for 1 rep. Do 15 reps. Switch sides; repeat.



6 SKATER LUNGE AND ARABESQUE

Works abs, glutes, legs

Start in a half squat, right toes on glider, hands clasped in front of chest. Slide right foot out to side, lowering hips and straightening right leg. Return to start. Next, lift right foot, raising knee to chest. Hinge forward at waist, straightening right leg behind you (as shown). Return to start for 1 rep. Do 15 reps. Switch sides; repeat.



7 KNEE CROSS AND CURTSY

Works abs, quads

Start in a half squat, right toes on glider, hands clasped in front of chest. Lift right foot, pulling knee across body toward left elbow. Rotate knee up and out to right, opening right hip, then return to start. Slide right leg back, crossing behind left leg, lowering into a curtsy lunge (as shown). Return to start. Do 15 reps. Switch sides; repeat.



8 SLIDING LEG CIRCLE

Works glutes, quads

Start in a half squat, feet hip-width apart, right toes on glider, arms out to sides. Slide right foot forward, pointing toes to left. Slide foot in an arc to right (as shown), then behind to left. Reverse to return to start for 1 rep. Do 15 reps. Switch sides; repeat.



SHAZAM THIS PAGE FOR VIDEOS OF ALL MOVES.



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Drink Responsibly. Corona Light® Beer. Imported by Crown Imports, Chicago, IL.

Corona Light has fewer calories compared to Corona Extra. Per 12 oz. serving of Corona Light: Calories: 99, ABV: 3.9%, Fat: 0 g, Carbohydrates: 5.0 g, Protein: 0.8 g. Per 12 oz. serving of Corona Extra: Calories: 149, ABV: 4.6%, Fat: 0 g, Carbohydrates: 14.0 g, Protein: 1.2 g



VEST Temecula, $50; Fabletics.com **BRA** Fierce Seamless, $40; RYU.com **SHORTS** Bristol, $40; Fabletics.com

GO-TO GEAR

NAUTICAL

Whether you're setting sail or staying on shore, these pieces are fun anchors for your exercise wardrobe. BY MEG LAPPE



BACKPACK
This roomy drawstring canvas pack has two front pouches to keep your gear shipshape.
Poppy, $38; Baggu.com



VISOR
Its transparent brim shields 99 percent of harmful sun rays without blocking your ocean view.
Circo Cockatoo 04, $42; Global .Rakuten.com



RASH GUARD
Your naval uniform: a quick-drying cover-up that protects you from the sun
Deck-Stripe, $78; JCrew.com



WATER BOTTLE
This colorful aluminum bottle is lightweight, leakproof and BPA-free.
Swiss Emblem Touch, $25; MySigg.com



EYESHADOW
Pair this neutral shade with bronzer for a just-off-the-boardwalk glow.
CK One Color Powder, $15; Ulta.com



SPORTS BRA
Double straps add support for beach workouts, plus you'll stay cool with moisture-wicking fabric.
Nordica Balcony, $195; LucasHugh.com



SNEAKERS
Elastic straps ensure feet are snug—and make these kicks easy to slip off.
Adidas by Stella McCartney Pure Boost, $160; Adidas.com

STYLING, JESSIE COHAN AT ATELIER MANAGEMENT; HAIR, SUNNIE BROOK FOR HEAD & SHOULDERS CELEBRITY STYLIST; MAKEUP, JOHN MCKAY FOR CHANEL LES BEIGES POWDER; PRODUCTION, KELSEY STEVENS PRODUCTIONS; MODEL, NICKAYLA RIVERA AT PHOTOGENICS LA. STILL LIFES: DEVON JARVIS (EXCEPT BACKPACK AND SHIRT: STUART TYSON; STYLING, PAUL PETZY).

Photographed by IAN ALLEN



SHAZAM THIS PAGE TO SHOP EVERY ITEM YOU SEE HERE.

GYM BAG

POOL WORKOUT

There's more to swimming laps than a suit and a cap: Check out these essentials for before and after your session. BY MEG LAPPE

1 Practice drills (and tone your legs) with a firm foam board in a punchy color. **$14; SpeedoUSA.com**

2 Lightweight latex goes on easily, while stay-put edges hold hair in place. **$5; SpeedoUSA.com**

3 These leakproof goggles' minimal suction won't leave you with raccoon eyes post-swim. **Fenix Mirrored, $30; BarracudaUSA.com**

4 A sturdy one-piece is ideal for laps; color blocking and cutouts up the cool factor. **Pop Surf Optic Nature, $96; Roxy.com**

5 Short fins power your kicks; grippy footpads prevent slips during flip turns. **Burner EBP, $35; TYR.com**

6 This watch tracks stroke type, distance and pace so you can focus on your form. **$150; Garmin.com**

7 Work out to your favorite playlist with this buoyant (and waterproof) speaker. **Ecopebble, $60; Ecoxgear.com**

8 Water-resistant fabric and interior pockets keep your swim gear organized. **Pack to Reality, $118; Lululemon.com for similar styles**

9 A combo of soothing plant oils and hydrating shea butter combats chlorine's drying effects on your skin. **Hydrating Day and Night Cream, $65; KoraOrganics.com**

10 Comb this cream through hair before you dive in to preserve your color. **Swimcap, $38; PhilipKingsley.com**

11 Textured soles and quick-drying contoured footbeds make these sandals a swimmer's dream on the deck. **Adilette, $36; Adidas.com**

12 With mesh and neon accents, this hoodie is equally stylish at the pool or for a casual brunch. **$340; Monreal London.com**

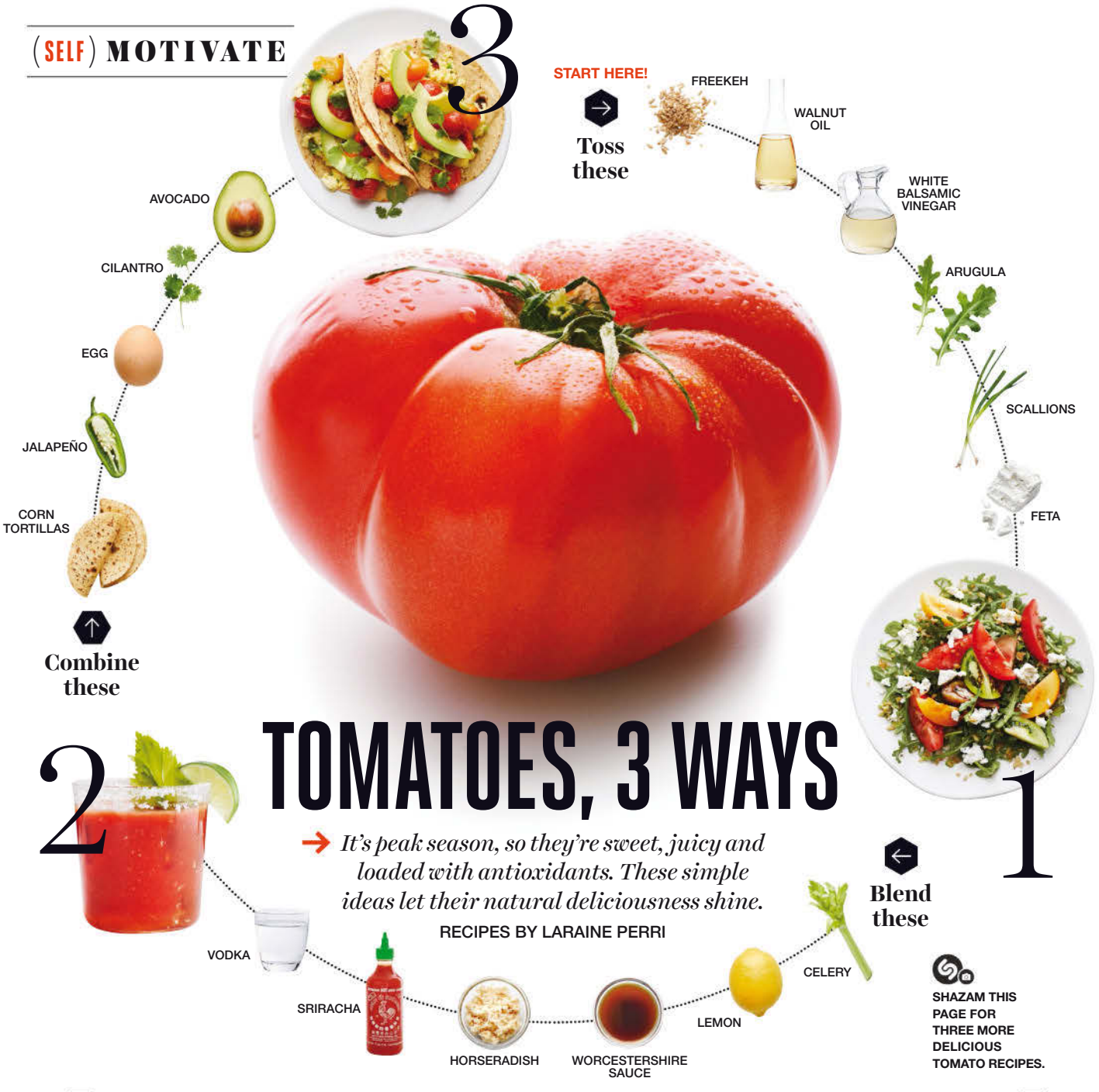
STYLING, RACHEL STICKLEY AT BERNSTEIN & ANDRIULLI.

Photographed by CHELSEA McNAMARA

TOMATOES, 3 WAYS

It's peak season, so they're sweet, juicy and loaded with antioxidants. These simple ideas let their natural deliciousness shine.

RECIPES BY LARAINE PERRI



SHAZAM THIS PAGE FOR THREE MORE DELICIOUS TOMATO RECIPES.

1 Tomato, Freekeh and Arugula Salad

SERVES 2

Cook ¼ cup freekeh according to package instructions; drain and cool. In a bowl, combine 1 tbsp walnut oil, 4 tsp white balsamic vinegar, ¼ tsp kosher salt and black pepper to taste. Toss with freekeh, 4 cups arugula and 2 heirloom tomatoes, cut into wedges. Divide between 2 plates and top each with 1 scallion, thinly sliced, and 1½ tbsp crumbled feta.

NUTRITION INFO 195 calories per serving, 11 g fat (3 g saturated), 21 g carbs, 4 g fiber, 6 g protein

2 Fresh Tomato Bloody Marys

SERVES 4

In a blender, puree 2 lb chopped beefsteak tomatoes and 4 celery stalks. In small batches, press puree through a fine-mesh sieve into a bowl. Add 2 tsp lemon juice, 3 tsp Worcestershire sauce, 2 tsp bottled horseradish, 2 tsp Sriracha (or more to taste) and 6 oz vodka. Season to taste with salt and black pepper. Stir gently and chill 1 hour. Serve over ice.

NUTRITION INFO 157 calories per serving, 1 g fat (0 g saturated), 12 g carbs, 3 g fiber, 2 g protein

3 Roasted Tomato Breakfast Tacos

SERVES 2

Heat oven to 450°. On a baking sheet, toss 12 cherry tomatoes in 2 tsp olive oil; roast 10 minutes. Char 4 small corn tortillas over a gas flame. In a medium skillet over medium heat, heat 2 tsp olive oil. Sauté 1 jalapeño chile, seeded and chopped, 2 minutes. Add 4 beaten eggs and cook about 4 minutes. Divide among tortillas; top with cilantro, ½ sliced avocado and roasted tomatoes.

NUTRITION INFO 219 calories per serving, 11 g fat (2 g saturated), 29 g carbs, 7 g fiber, 4 g protein

FOOD STYLING, CARRIE PURCELL.

Photographed by ANDREW PURCELL

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GEORGE HOYNINGEN-HUENÉ, 1930

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EAT CLEAN

COLD SOUPS

Keep cool and let your blender do the work with one of these tasty, refreshing bowls.

RECIPES BY STEPHANIE CLARKE, R.D., AND WILLOW JAROSH, R.D.

LIGHTENED-UP CLASSIC

Borscht With Yogurt Swirl

SERVES 2

In a medium pot over medium-high heat, boil 2 medium beets until fork-tender, about 40 minutes. Drain, reserving ½ cup cooking liquid. Cool, peel and dice beets into small chunks. In a blender, puree beets, reserved cooking liquid, ⅔ cup chicken broth, 1 tbsp lemon juice, 1 tsp white wine vinegar and 1 tsp sugar. Gently stir in 1 tbsp 2-percent-fat plain Greek yogurt, ¼ tsp kosher salt and ¼ tsp black pepper. Chill 2 hours. In a bowl, stir together 2 tbsp 2-percent-fat Greek yogurt, ½ tsp lemon juice, ½ tsp olive oil, ½ tsp lemon zest and ⅛ tsp kosher salt. Divide between 2 bowls and top each with a swirl of yogurt mixture, a sprig of dill and cracked pepper.

NUTRITION INFO 73 calories per serving, 2 g fat (1 g saturated), 9 g carbs, 1 g fiber, 5 g protein

CREAMY AND SATISFYING

Potato Zucchini Vichyssoise

SERVES 2

Chop and steam 2 medium potatoes and 1 cup sliced zucchini. Cool and puree in a blender with ½ cup rinsed canned white beans, 1 cup 2 percent milk, 1 cup chicken broth, ¼ avocado, 2 tbsp chopped parsley, ¼ tsp sea salt and a pinch of black pepper. Chill 45 minutes. Divide between 2 bowls and top each with chopped squash blossoms and pepper.

NUTRITION INFO 342 calories per serving, 6 g fat (2 g saturated), 57 g carbs, 10 g fiber, 16 g protein

FRESH TAKE ON A FAVORITE

Chunky Mango Gazpacho

SERVES 2

In a blender, pulse 1½ cups ripe mango, ½ cup orange juice, 1 tsp olive oil, ¼ tsp chipotle chili powder, ⅛ tsp ground cumin and 1 tsp chopped garlic until mostly smooth, leaving some mango in small pieces. Add ½ cup finely chopped cucumber, ⅓ cup finely chopped red bell pepper, 2 tbsp finely chopped onion, 1 tbsp lime juice, 2 tsp finely chopped cilantro and a pinch of kosher salt. Stir well. Chill 1 hour. Divide between 2 bowls and top each with 2 tsp toasted pumpkin seeds.

NUTRITION INFO 160 calories per serving, 4 g fat (1 g saturated), 31 g carbs, 3 g fiber, 3 g protein

READY IN 10 MINUTES

Cantaloupe Curry Soup

SERVES 2

In a blender, puree 2½ cups chopped chilled cantaloupe with a pinch of sea salt, ½ tsp grated ginger, ¼ tsp chopped shallot and a pinch of curry powder. Divide between 2 bowls and top each with 1 tsp olive oil and cilantro.

NUTRITION INFO 106 calories per serving, 5 g fat (1 g saturated), 16 g carbs, 2 g fiber, 2 g protein



FOOD STYLING, SIMON ANDREWS; PROP STYLING, SARAH SMART.

Photographed by CON POULOS



GINGER AND CURRY SPICE UP THIS EASY CANTALOUPE SOUP.

DINNER-PARTY-WORTHY

Corn Bisque With Basil

SERVES 2

Broil 4 ears corn until golden on all sides, 3 to 4 minutes per side. Cool and remove kernels. Reserve 2 tbsp. In a blender, puree remaining kernels, 1 cup chicken broth, ¼ tsp sea salt, ⅛ tsp powdered mustard and a pinch of black pepper until smooth. Chill 20 minutes. In a clean blender, puree ¼ cup fresh basil, 2 tbsp olive oil, ¼ tsp lemon zest and a pinch of sea salt. Push through a fine-mesh sieve into a bowl. Divide soup between 2 bowls and top each with a drizzle of basil oil and reserved kernels.

NUTRITION INFO 256 calories per serving, 10 g fat (2 g saturated), 39 g carbs, 4 g fiber, 9 g protein

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- Paul Newman, Founder, Newman's Own, Inc.



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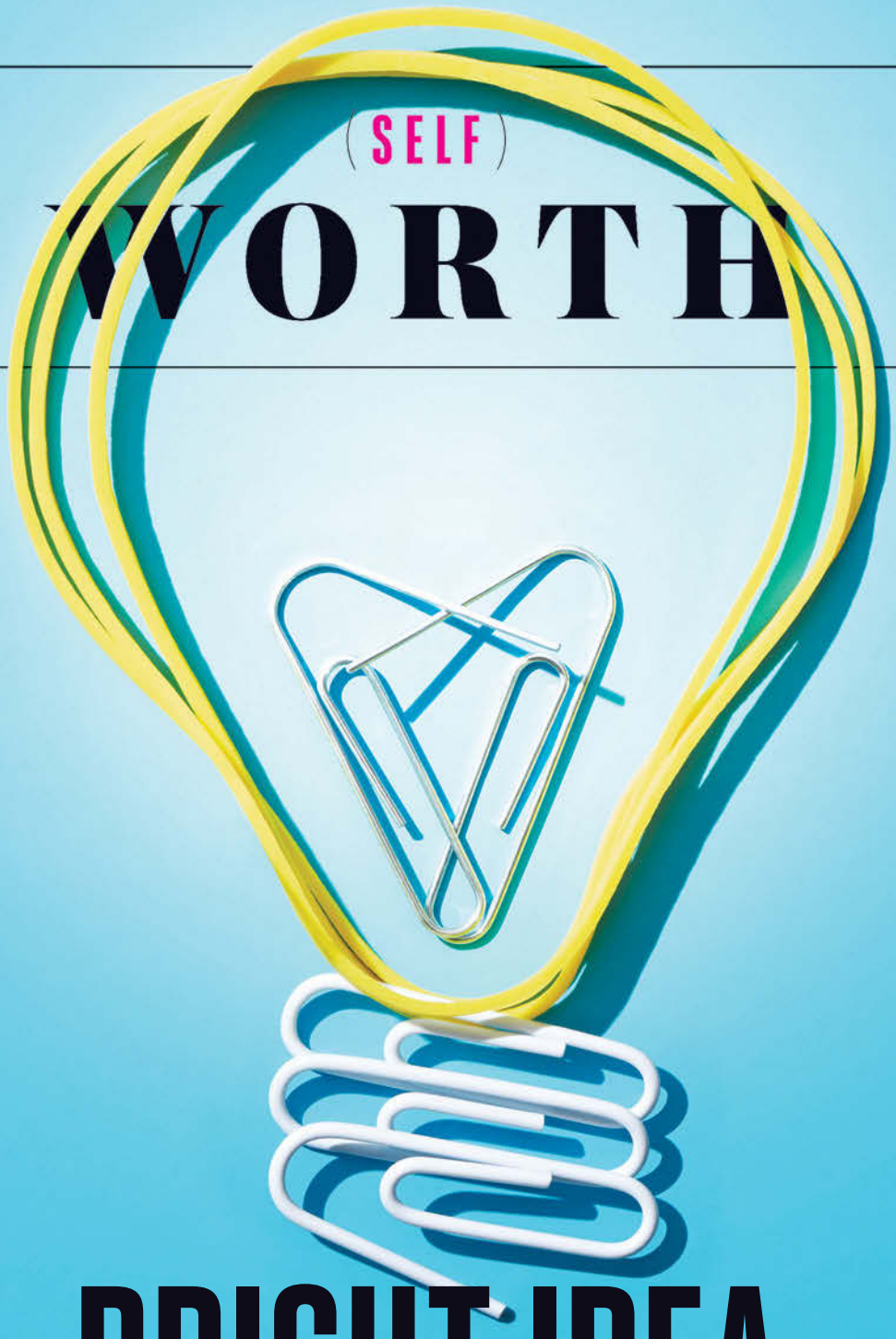
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BRIGHT IDEA

Playing with the things on your desk may spark a lightbulb moment. BY ABIGAIL LIBERS

Absentmindedly twirling paper clips, rubber bands and other random doodads while you work may not be so mindless after all. "When you're trying to work out a problem, doing something physical and rhythmic can help get the creative juices flowing," says Michael Karlesky, a New York University researcher who found in a recent survey that 91 percent of people said they fiddle or doodle as they work. Previous research shows that sequential finger movements may activate large brain regions involved in creativity and memory (and some kids with ADHD are even encouraged to fidget in order to boost focus). Karlesky thinks playing with small objects may have the same benefits. Although nervous habits like biting your nails are also productive, spare your manicure by keeping a stress ball on your desk.

STYLING, ROBIN FINLAY.

Photographed by ADAM VOORHES

SELF MADE

KATIE DELANEY

The wine director at Club W shares advice on creating the job of your dreams. BY LISA HANEY

Even before her first sip, Katie Delaney, 28, was interested in wine: The Orange County, California, native researched wine fermentation for a high school project. "I thought the science was fascinating," she says. After studying agriculture and marketing in college, she worked in Napa vineyards, then as a sommelier. But she struggled to find a position that combined her creative interests and business savvy. "I felt my perfect job didn't exist," she says. So Delaney networked like crazy and started a wine blog—which caught the eye of Club W, a Los Angeles–based wine-subscription service. Now she's the company's wine director, working with vineyards to source grapes, overseeing production of Club W's own offerings and writing about wine—a position tailor-made for her skills. "I ended up in a job that's fun, challenging and better than I could have imagined," she says. Here, her tips for paving your own career path.

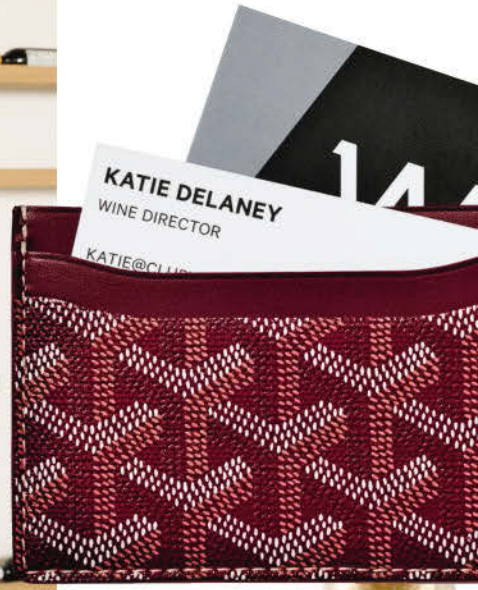
GET YOUR HANDS DIRTY "The best way to learn is by doing—you don't hop right to the top of the ladder. In the cellars I had to drag hoses and pumps around. You have to show you have muscle and drive, no matter what the job is."

FOCUS ON THE LONG GAME "There's always a benefit to networking, even if it's not immediate. Remember people's names and be informed enough that they remember yours."

DON'T BE SHY "Try to suck as much knowledge out of your bosses as you can. Some people might be afraid to ask questions, but it's better to be proactive than nervous and quiet."

SHAZAM THIS PAGE TO GET MORE SUCCESS SECRETS FROM SELF-MADE WOMEN.



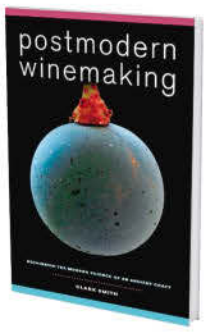


NETWORKING MUST
"I always give people my card. You never know what can happen."
CARD HOLDER
$425; Goyard.com for stores

"My mission is to make wine more fun and less intimidating."



DAILY EXERCISE
"I love Pure Barre—and if you look good, it's usually a better workout!"
SPORTS BRA $30; Aritzia.com



INFLUENTIAL READ
"You have to keep learning. This book has given me a new perspective on my business."



WEEKEND ESCAPE
"For me, walking into a vineyard is instant decompression."



GO-TO ROSÉ
"It's perfect for a nice day at the beach."
WINE $13; ClubW.com





BEAUTY STAPLE
"A little eyeshadow makes me feel dressed up for work."
EYESHADOW $40; MACCosmetics.com

MATHEW SCOTT: STYLING, LAURA HOLLABAUGH; HAIR AND MAKEUP, JEFFREY BAUM AT ATELIER MANAGEMENT. STILL LIFES, CLOCKWISE FROM TOP: STUART TYSON; STYLING, PAUL PETZY. COURTESY OF CLUB W; COURTESY OF GLENN SALVA. NAOYA FUJISHIRO/CNP DIGITAL STUDIO. DEVON JARVIS. COURTESY OF UNIVERSITY OF CALIFORNIA PRESS.

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LEARNING CURVE

IT'S LIKE RIDING A BIKE

After a bad breakup, **Alyssa Shelasky** found her balance—and eventually, romance—by getting back in the saddle.

I've never been afraid to take risks, especially when it comes to love. But the spontaneous (OK, manic?) decision to move to Rome to live with Marco (not his real name)—a sexy, cigarette-rolling Italian—was my biggest gamble yet. "Never trust a guy who smokes," warned a friend's husband as I left my Brooklyn, New York, loft, supportive family and well-designed fitness routine behind. Love comes first.

Friend's Husband was right. After almost a year, Marco broke my heart on top of the Spanish Steps. He had come to the conclusion he wanted to be "single forever." Sure. It was an emotional ambush, and it hurt like hell. I started to think real love comes...never.

Utterly defeated and, for the first time I can remember, dead scared about the future, I flew home to New York City, bitterly aware that the healthy and successful life I'd cultivated for myself had been shut down. My beloved apartment was rented out. My regular writing assignments—which always kept me busy with spa travel, sex experts and starlet interviews—had been contracted out to others. My membership to Equinox, canceled; my 30-class package at SoulCycle, absorbed by my sister.

All I had to call my own was a twin bed at my parents' place and a weak, vulnerable body composed of pasta and pain. The worst part was that my inner strength was injured. Despite years of romantic ups and downs, I had always felt somewhat emotionally bulletproof, like there was nothing I couldn't handle. Because this breakup was so dramatic (Italy!) and so dark (before my eyes, he turned into a different person), I'd lost my BIKE > 68

PROP STYLING, JARED LAWTON AT APOSTROPHE.

Photographed by NIGEL COX

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bravado along the way. I knew exercise would help me get it back and feel better—we all know that by now, right?—but I was too broke to rejoin all the fancy gyms I had become accustomed to, where tampons are complimentary and Claire Danes is in your kickboxing class.

Frankly, I also wasn't ready to reimmerse myself into the society of fit New York women—the intense, often intimidating go-getters with their perfect hair (even post-sweat!), Free City gear and 3-carat diamonds. A helpful thing to remember when going through a breakup is that you don't have to explain yourself to anyone. Still, people feel free to probe: "Weren't you living in Italy? What happened?!" Aaargh! Interacting with my gym friends was something I couldn't afford financially or emotionally.

So what did I do to get back on my feet? Well, I got back on my feet. It started as a necessity. I had to get places—to meet with editors and visit my sister—and I didn't want to spend a minimum of $10 on subway rides every day. Instead, I hopped on a Citi Bike—NYC's extensive bike-share system—and began the oldest female exercise in the world: hauling ass.

I'm originally from New England and am happiest when outside. I rode my bike to school every day of childhood; my best memories are of biking in Cape Cod. But for me, Citi Biking was not about sunny, freckle-faced merriment. Too soon, too wounded. As they say, "It's hard to see the rainbow when you're sitting in the storm."

Also, the bikes are big, Grover-blue and bulky. Until you get the hang of it, dislodging one of the 45-pound monsters from its dock can be tricky, and locking it back up can be impossible. But it was my best option. So I rode my big log of a bike over the Manhattan Bridge and all through the city because I had to get from the coffee shop to the dentist to the editor to home. Or some version of that.

Now, biking the Manhattan Bridge is no picnic. It's about 12 minutes, or just over a mile, of pretty hard going in both directions, with a gnarly hill at one end. You can't really listen to music, because it's important to stay alert with all the other bikers. All you can do is be present, keep pushing, breathe deeply and move forward. So that's what I did. Two, three, four times a day.

Once I made it over the bridge, I'd have to survive the city. It takes blind confidence to weave through Manhattan traffic—this honking jungle is not for the weak. I was glad to see I still had the mental fortitude to stare chaos in the face. Also, call me a masochist, but what a rush! When you've been dumped by a smoking lothario, you take the endorphins where you can. I was soon riding those streets with Sons of Anarchy ferocity.

If I really wanted to rage, I'd ride the Brooklyn Bridge—a sea of clueless tourists wandering in and out of the bike lane. Everyone hates these people. Gandhi would hate these people. "You're going to f---ing kill someone!" I'd wail at the sightseers in their I ♥ NEW YORK T-shirts. With the help of my middle finger, the healing process had begun. My inner badass was alive and well—it was good to see her again.

I CAME TO RELY ON THAT WARM SUMMER AIR ON MY FACE AND SLIGHT BURN IN MY LEGS AS A WAY TO DIGEST THE NIGHT, TO HEAR MY OWN THOUGHTS AND TO—ONCE AGAIN—SPREAD MY WINGS WITHOUT FEAR.

I was getting my outer strength back, too. At the end of each day, my muscles ached the way they would after a double Spin session. I'd take long, hot baths, noticing the definition of my calves and tightness in my core. My goal, of course, was to feel better, but it was reassuring to see one part of my life more intact.

After a month, I felt steady enough to go out with friends again. As I got ready, I would notice a glow to my skin—hopefully from within, unquestionably from being outside instead of on the couch. Everyone said I looked terrific. They were being generous, but I allowed it.

My friends got a kick out of me hopping on the bike after our buzzy nights of rosé and restaurant openings. "I'll pay for your cab," one friend always offered, but I couldn't wait to unlock that bike (effortlessly now!) and sail away. And summer nights were the best time to ride. The tourists were gone and the streets were more spacious, allowing me to pedal with a young-hearted freedom that made me feel like myself again. I came to rely on that warm summer air on my face and slight burn in my legs as a way to digest the night, to hear my own thoughts and to—once again—spread my wings without fear.

Two months passed and I still hadn't rejoined a gym. Out of the blue, my pal and occasional personal trainer, Ricky, offered me a free training session to catch up. When I walked in, he gave me an epic "Damn, girl!" and as we did push-ups, sit-ups and squats, neither of us could believe how strong I'd become. "All this from Citi Bike?" he said in disbelief, motioning to my tight new booty.

It does seem kind of crazy. I figure that with all the riding—plus walking and schlepping the bike—I burned 300 calories a day, every day, for two months. That's not as rigorous as Spinning five days a week. But there's something to be said for moving our bodies organically, in a survival-oriented way; pushing up a killer hill because there's a job interview on the other end, not because you've paid $30 to turn the dial up. Plus, every hour on the bike was an hour I wasn't eating a cannoli.

By summer's end, I could see the rainbow, and Rome was in the past. I even went on a blind date that started at Bobby Flay's new restaurant and ended at a bike dock a couple of blocks away. My date had a Citi Bike membership, too, and offered to ride with me toward the Manhattan Bridge. My heart did a happy dance as he released the bike from its dock with one graceful tug and smoothly adjusted the seat to his height (6 foot 2, ahem!).

Riding had started out as a solitary, somewhat combative experience: me against the world. But by the end, the bike had become a vehicle for the beautiful thing that is strength through pain. I couldn't help but notice how nice it was to share the restorative summer air with someone else—the shine of the city lights, the sounds of frantic, unfiltered life.

At a streetlight in SoHo, with our bikes side by side, he kissed me. I melted. And then I reached for my handlebars and pedaled forward. ●

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TRIPPIX BY SHUTTERFLY (iOS) Remember your latest adventure with a 51-page photo book ($20). Choose from three album designs and add maps from your travels.

POLAGRAM (iOS, Google Play) Crop and edit photos with just three taps; Polaroid prints (45 cents each), a poster ($25) or a canvas ($50) will arrive on your doorstep in a few days.



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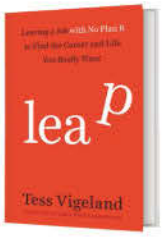
Chew gum to clear your head

The next time Taylor Swift's "Bad Blood" is on repeat in your brain, grab a sugar-free stick. Chewing gum requires you to subconsciously coordinate your mouth and tongue; doing so interferes with short-term memory related to words, helping stop a catchy song from looping.

SOURCE: UNIVERSITY OF READING, U.K.

Q/A THE EXPERT TESS VIGELAND

The *Leap* author and ex–public radio host on the upsides of quitting a job



What's a sign you should consider getting off your current career track?

A/ Pay attention to the little voices in the back of your head. If there's something wrong and you can't quite put your finger on it, you have to actively face it.

How do you prepare to change jobs if you don't have the next one lined up?

A/ Before you leave, have conversations with people in positions you're interested in. Shadow them for a couple of hours or volunteer in order to get an idea of what the job looks like in real life. And prepare yourself financially—you need some cushion for a little peace of mind. The goal is to have at least six months of savings in the bank. I call it a freedom fund.

What are the most useful lessons you've learned from quitting your job?

A/ That I can use my job skills in different ways, like writing a book. I have confidence that's not tied to my work. And I'm not as afraid of losing a job.

CLOCKWISE FROM TOP RIGHT: STUART TYSON. BOOK COVER, SPIEGEL & GRAU; BOOK, SHUTTERSTOCK. LEVI BROWN/TRUNK ARCHIVE.

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LOVE & CHEMISTRY

OUTLOOK UNCERTAIN

Nothing kindles (or rekindles!) love quite like uncertainty. And it helps to know that a little goes a long way. BY JEN DOLL

I'm what you might call a hyperresponsive texter. When I get a message, I send one back almost immediately—a habit drawn from work. I also hate to seem rude. So I always text back, even when maybe I shouldn't.

Then I joined Tinder. Suddenly, I was buried in messages, from "How are you?" to "Do you prefer pools or oceans?" There were so many, I did the unimaginable: I stopped responding. I paused for days, even weeks. The guys, by and large, didn't give up. And to my surprise, I found myself not more but a bit less interested.

One guy, though, did the opposite. After our second date, I didn't hear from him all day. By evening, I started to doubt myself. Had I misinterpreted his interest? Maybe he was a

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player. All of a sudden he seemed more intriguing than all the other texting dudes. Oh, dear. Was I such a stereotype that a guy playing hard to get could actually make me want him more?

Enter uncertainty, that confusing, charged state that keeps us on our toes—which, it turns out, can be a pretty good start to a budding romance. It even has a supporting role to play in long-term relationships, and in life. So how can you use uncertainty (without abusing it)?

KNOW HOW IT WORKS In his new book on the science of love, *Modern Romance,* comedian Aziz Ansari explores "the power of waiting," that is, the advantage gained by taking 20 minutes to text back if a love interest takes 10. While this can become a *Rules*-esque manipulation, there's value in understanding the psychological concept of "reward uncertainty," which basically means that if we aren't sure we're getting a reward, we become that much more set on getting it. And if we get the reward all the time—paradoxically—it has less value to us. Consider a 2010 study in which women were told that men had viewed their Facebook profiles and rated them highly or average; a few were told the guys' feelings were unknown. After checking out their pictures, women liked the guys who gave them high ratings more than so-so ones, but they were *most* attracted to the men whose feelings went unsaid.

This state of not knowing has power beyond first dates. Esther Perel, author of *Mating in Captivity,* writes that "desire is about wanting." To get there, we need to preserve a sense of mystery about ourselves—i.e., being less than an open book at times. In an age of fast communication, that can be more radical than it sounds.

BRING UNCERTAINTY BACK As a relationship evolves, couples can feel they know too much about each other. That frisson of early uncertainty gives way to comfort, stability—and complacency. "We adapt to positive things in our lives pretty rapidly, but adaptation makes us less happy in the long run," says Sonja Lyubomirsky, Ph.D., professor of psychology at the University of California in Riverside. You can stay one step ahead of this cycle by adding uncertainty—in the form of surprise—to the mix. One study found that couples felt closer after a seven-minute exciting activity (researchers used an obstacle course, but go ahead and substitute your own). The buzz you get from such experiences can be bonding, Lyubomirsky says, and help you see each other from a new angle.

FACE CHALLENGES TOGETHER There's another kind of uncertainty that comes into play over time: coping with the ebb and flow of life with another person. You move to a new city, lose a parent, start a business. But even these times can be opportunities for closeness, according to studies by James M. Graham, Ph.D., associate professor of psychology at Western Washington University, so long as they don't overwhelm a couple's coping skills. "Success in the face of a challenge" intensifies happiness and connection, he says.

Because if one thing in life is certain, it's that nothing is. And when we can embrace that, things get really good. ●



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KARLIE

WITH AN AWE-INSPIRING BODY AND THE ENERGY TO MATCH, **KARLIE KLOSS** IS A SUPERMODEL LIKE NO OTHER. BUT BEHIND ALL THAT CAN-DO AMBITION IS A GIRL WHO STILL KNOWS HOW TO KEEP IT REAL.

BY MEREDITH BRYAN



PHOTOGRAPHED BY **PAOLA KUDACKI**
STYLED BY **MELISSA VENTOSA MARTIN**



KLOSS

SHE'S THE ONE

MAJOR LEAP

"The reason I've had a career," Kloss says, "is because I can move."

JACKET Paco Rabanne
BIKINI BOTTOM Nu Swim **SNEAKERS** Nike



EYES ON THE PRIZE

"My ambition is to study things I'm curious about," says Kloss, who will attend New York University this fall.

RED TOP
Marques'Almeida
WHITE TOP Prae

BEAUTY NOTE
Define and contour your features with a swipe of L'Oréal Paris True Match Lumi Powder, $13.



The first thing you notice about Karlie Kloss is that she doesn't apologize for the space she occupies; she owns it. This may have something to do with her posture: At 6 foot 1, she stands impeccably, impossibly straight. If off-duty models often convey a slackerish boredom, Kloss—framed in the doorway of a vegan restaurant on New York City's Lower East Side, wearing slim black jeans and a demure blue-and-white button-down—channels a prima ballerina. She may be shivering and slightly flustered (it's raining; her phone is dead), but her bearing is so elegant, so controlled and so *vertical* that she projects strength, power and even wisdom.

It's this command of her body, even more than her adorable, chameleonic face, that has made her a star. Like many models, Kloss was plucked from the Midwest as a preteen and spent her high school years accumulating frequent-flier miles with her mom. From her earliest turns on the runway, she was a sensation, with a lithe grace and hypnotic sashay. In a sea of otherwise anonymous faces, you couldn't take your eyes off of her. Kloss walked 31 shows her first season and landed contracts with Bulgari and Dolce & Gabbana within three years. She attributes that breakout success to ballet, which she became obsessed with as an adolescent growing up in St. Louis. "The reason why I've had a career," she says, "is because I can move."

Whatever her secret, Kloss has always been a one-woman advertisement for what a body can communicate. She's become one of the premier catwalkers of her generation, a single namer like Cindy and Gisele, known for a fierce theatricality, a distinctive kick of her heels, a languorous way with her hands when she strikes a pose. But something has changed: Over the past seven years, Kloss has transformed her naturally lanky physique into a lean, formidable machine. Applying herself to pilates and cardio—and any other workout that catches her attention—she's sculpted acres of sinewy muscle. She is now so precisely defined that she projects a thrillingly restrained power, like a gazelle who could at any moment spring from her 6-inch heels and traverse the runway in one leap. In an industry that once embraced fragile thinness, Kloss has done things her way, helping usher in an age of ripped abs on the Victoria's Secret runway. You can tell she doesn't work out to burn off dinner. She works out like she's training for the Hunger Games.

But Kloss's appeal goes beyond the physical. Watch her at the Met Gala, mugging with friends, or on Instagram, where she posts snippets of her workouts (jogging under the Eiffel Tower; cheerfully hurling a medicine ball). She practically vibrates with energy and joy. "I feel like I'm perpetually in motion," she says, "which I love." Her body is her business, but it's her sheer life force you want to bottle. Because no one is having as much fun as Karlie Kloss.

Settling onto a stool at a communal table occupied by a few tourists, Kloss scans the menu. "We *have* to share the spaghetti squash," she says, excitedly. A waiter appears. "You guys do a really good hot cacao!" she exclaims. She offers to order for both of us, since she's clearly been here before. "We're going to go wild!" she says.

Kloss has a warmth and solicitousness—a conspiratorial, insta-girlfriend vibe—that is tempered by total composure. She thinks before she speaks, in the sort of enunciated continental accent you might expect from someone who spent her formative years bouncing between high-fashion ateliers in New York, Milan and Paris. It's hard to believe she's just 22 (that's one year older than Justin Bieber, for the record).

Kloss is famished, she says, because she spent the day filming a workout video with Nike master trainer Traci Copeland for Self .com. "It's a program you can do anywhere, without equipment," she says, proudly. "I was thinking of my sister, who's in college and doesn't have an expensive gym membership." Kloss is a fitness omnivore who has learned, out of necessity, to take it on the road, bringing her sneakers everywhere so she can always pop out for a run and improvising exercise routines in her hotel room. SHE'S THE ONE > 80

SPEED OF LIGHT

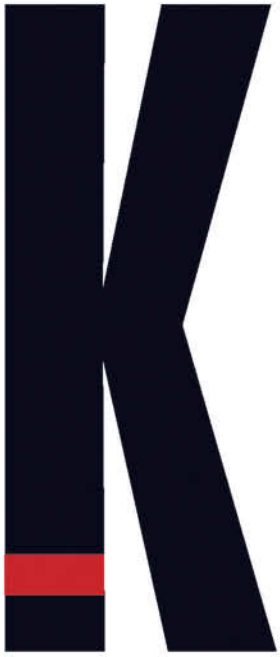
"It's such a release," Kloss says of running. "That's why I'm so passionate about fitness."

CUSTOM TOP, BODYSUIT and **LEGGINGS**
Katie Gallagher





"EVEN IN THIRD GRADE, KARLIE WAS DETERMINED AND COMPETITIVE," SAYS HER SISTER KRISTINE. "NOT NECESSARILY WITH OTHERS, BUT WITH HERSELF."



KLOSS HAS REDEFINED NOT ONLY WHAT A MODEL CAN LOOK LIKE BUT ALSO WHAT SHE CAN DO.

Her interests outside fitness are equally varied. Despite a constant slate of ad campaigns, runway shows and promotional appearances for L'Oréal Paris, with which she has a contract, Kloss has managed to start a vegan cookie business with one of the country's top pastry chefs. She's also studied computer coding and created a scholarship to help other women do the same; designed capsule collections with Warby Parker and Frame Denim; starred in music videos for Nile Rodgers and her BFF, Taylor Swift; and gained acceptance to New York University, where she will begin studying for a B.A. this fall. A young girl thrust into the spotlight at the peak of adolescence, Kloss has wrested control of her narrative, charting a novel course through what can be a ruthless industry. In the process, she's redefined not only what a model can look like but also what she can do.

To hear Kloss tell it, it all started with a health awakening she had several years back. Growing up, she wasn't the type to get excited about vegan food. "I love my Midwestern roots," she says, diplomatically, "but it's a little less healthy of a lifestyle." In her late teens, already one of the world's top models, she started trying to cut down on sugar and eat more vegetables. "I stopped eating Goldfish and Oreos and started eating kale salads and avocado toast," she says. "It changed my energy. I realized, OK, how I eat affects how I feel." Nowadays, while not strictly vegan, Kloss tries to stick to a diet based on vegetables and lean protein. She's applied the surfeit of energy that's resulted to her workouts. "I'd always danced, but I transitioned into finding new ways to strengthen and test my body," she says. She got into pilates, Spinning, boxing and, more recently, running. "She's one of the hardest-working clients I've ever had," says her trainer, Justin Gelband.

An avid baker known for bringing cookies to her photo shoots, she started experimenting with healthier ingredients. This led to her famous cookie—sorry, Kookie—which she created as a charity initiative with Momofuku Milk Bar pastry chef and owner Christina Tosi. "She's a creative genius," says Kloss of Tosi. "Her out-of-the-box approach and my healthy approach created, in my mind, the perfect cookie." Through their efforts, she and Tosi have managed to finance more than 600,000 meals for kids in need through FEED Projects. (I'm telling you, people love these Kookies.)

Other side projects have been similarly focused and impactful. She got interested in coding when her boyfriend, investor Joshua Kushner, announced he was taking a week off of work to learn programming. Kloss tagged along. "The irony is that I was the one it really clicked for," she says. She started thinking about how everything in today's world is built with code: "I mean, it's like a superpower." So she decided to try to inspire her social media followers—2.5 million on Instagram alone—to get in on the action. "It's just a thing I'm personally excited by," she says, "starting this conversation, and engaging girls who wouldn't normally be introduced to it." Kloss teamed up with The Flatiron School in New York City to offer high school girls scholarships to the school's summer coding program. After receiving more than 600 entries on YouTube, she picked 21 winners; this summer, she'll study alongside them. "I'm definitely still a beginner," she says. "But it's something that I hope to get better at." She continues: "I hope we'll be able to change at least one girl's choice of what she studies, or maybe even just the way she thinks about building her own idea into a company. That's how I measure success."

Kloss is close to both her parents—they still travel with her when they can, and she visits St. Louis often—but she gets her entrepreneurial gene mostly from her father. She is the second of four sisters, a tight-knit crew that—from the abundant evidence on social media—is every bit as exuberant as she is. Her mom is an artist, her dad an ER physician who passed the time on family car trips to Disney World by listening to an audiobook of *Rich Dad Poor Dad,* the popular guide to investing and entrepreneurship. "I was tortured by it," groans Kristine, Kloss's 25-year-old sister. Kloss, then not yet 10, was riveted. "Everyone else in the car was asleep!" she says, but she stayed awake, absorbing lessons on risk and building businesses. Already her neighborhood's lemonade-stand queen, she started devising new ventures, like the gumball machine she received as a gift and turned into a for-profit enterprise, charging her family 25 or 50 cents for small trinkets. "Even in third grade, Karlie had all these start-up ideas," recalls Kristine. "She was really determined and competitive. Not necessarily with others, but with herself."

Growing up, Kloss was never the type to care about clothes. "If you had asked me 10 years ago if I would have a career in fashion, I would have said no,"

SHE'S THE ONE > 108

RAISING THE BAR

"She's one of the hardest-working clients I've ever had," says Kloss's trainer, Justin Gelband.

CUSTOM SILVER BODYSUIT Ohne Titel
MARBLE BODYSUIT and **ARM WARMERS** Missoni

BEAUTY NOTE
Give skin a sexy glow with L'Oréal Paris Sublime Bronze Serum, $11.

SHAZAM THIS PAGE TO SEE HOW KLOSS TRAINS AND TRY HER WORKOUT.



HOW SHE KEEPS FITNESS FUN

SHE MIXES IT UP

Kloss works out on a pilates reformer several times a week with Gelband. But she's also a capable yogi, an enthusiastic boxer and a regular at SoulCycle. "I'm game for anything," she says. The only workout she hasn't taken to? "Surfing," Kloss says. "I was really, really bad at it. I think I'm too tall!"

SHE DOES CARDIO DAILY

Even if just for 15 minutes, "it releases stress and gets your body moving," she says. "I like to counter it with really focused movements to target certain muscles." In her gym bag: ankle weights and resistance bands.

SHE CHALLENGES HERSELF

"I never used to run more than a mile," Kloss says. But during Paris Fashion Week earlier this year, she entered a half marathon for charity. She trained and surprised herself by making it through. "Because running is hard, I'm almost more drawn to it," she says.

SHE KNOWS WHEN TO TAKE IT EASY

Sometimes Kloss will prioritize rest over working out: "A good night's sleep might actually make me feel my best," she says.

ABOVE AND BEYOND

"Every spare minute I have, I'm diving into other projects," Kloss says.

BODYSUIT and **LEGGINGS** Missoni



"I'D ALWAYS DANCED, BUT I TRANSITIONED INTO FINDING NEW WAYS TO STRENGTHEN AND TEST MY BODY."



FAST TIMES

"I feel like I'm perpetually in motion, which I love," says Kloss of living full tilt.

CUSTOM BLACK SWIMSUIT and **GREEN SWIMSUIT** Rochelle Sara **SHEER TOP** Acne Studios

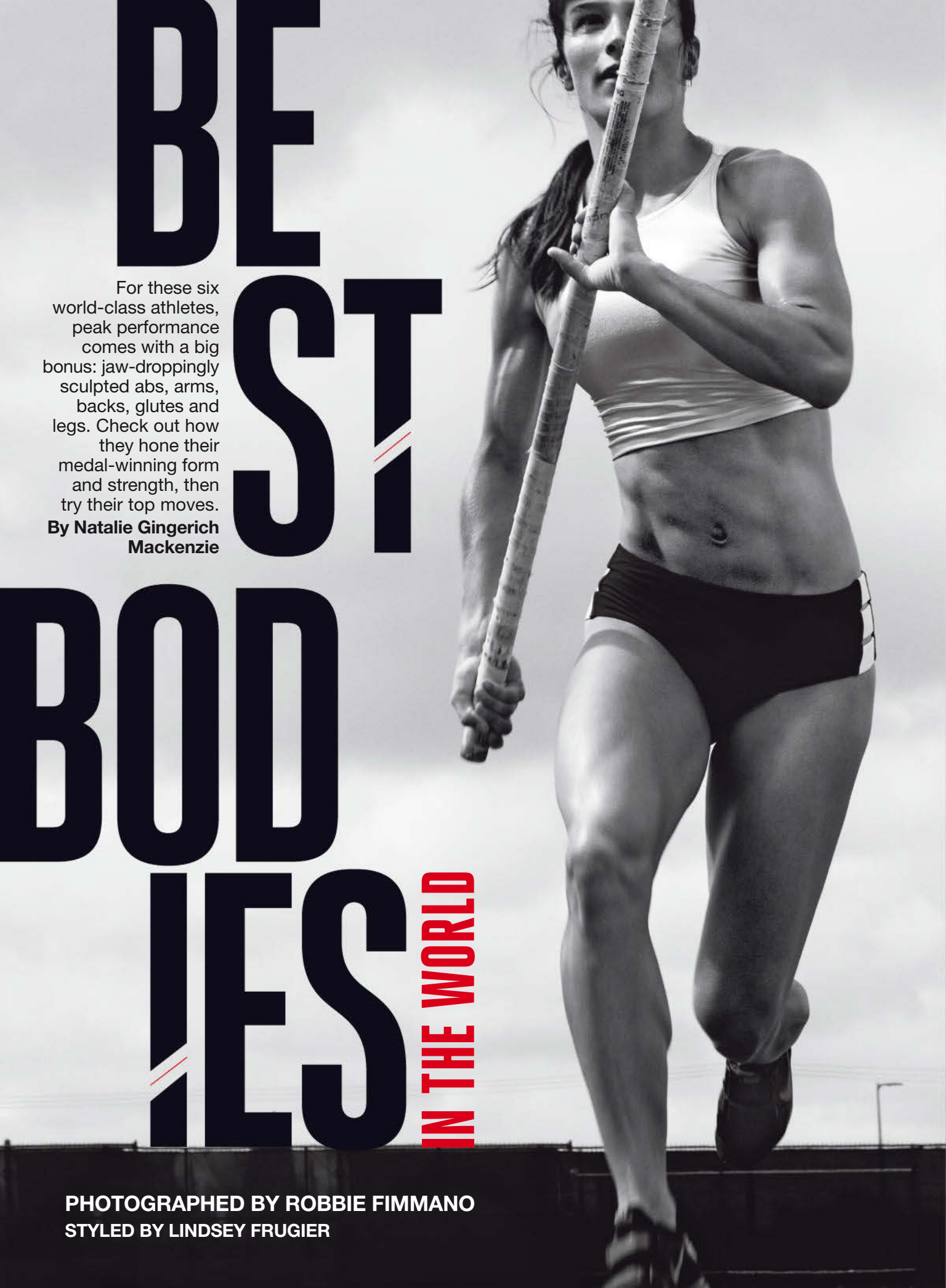
Hair, Kevin Ryan for Unite; makeup, Sil Bruinsma at Streeters; manicure, Casey Herman for Chanel Le Vernis; prop styling, Eli Metcalf at Lalaland Artists. See Get-It Guide.

GO BEHIND THE SCENES of Karlie's cover shoot at **Self .com/go/karliekloss.**

BEST BODIES IN THE WORLD

For these six world-class athletes, peak performance comes with a big bonus: jaw-droppingly sculpted abs, arms, backs, glutes and legs. Check out how they hone their medal-winning form and strength, then try their top moves.

By Natalie Gingerich Mackenzie



PHOTOGRAPHED BY ROBBIE FIMMANO
STYLED BY LINDSEY FRUGIER



TORI PEÑA

POLE VAULT

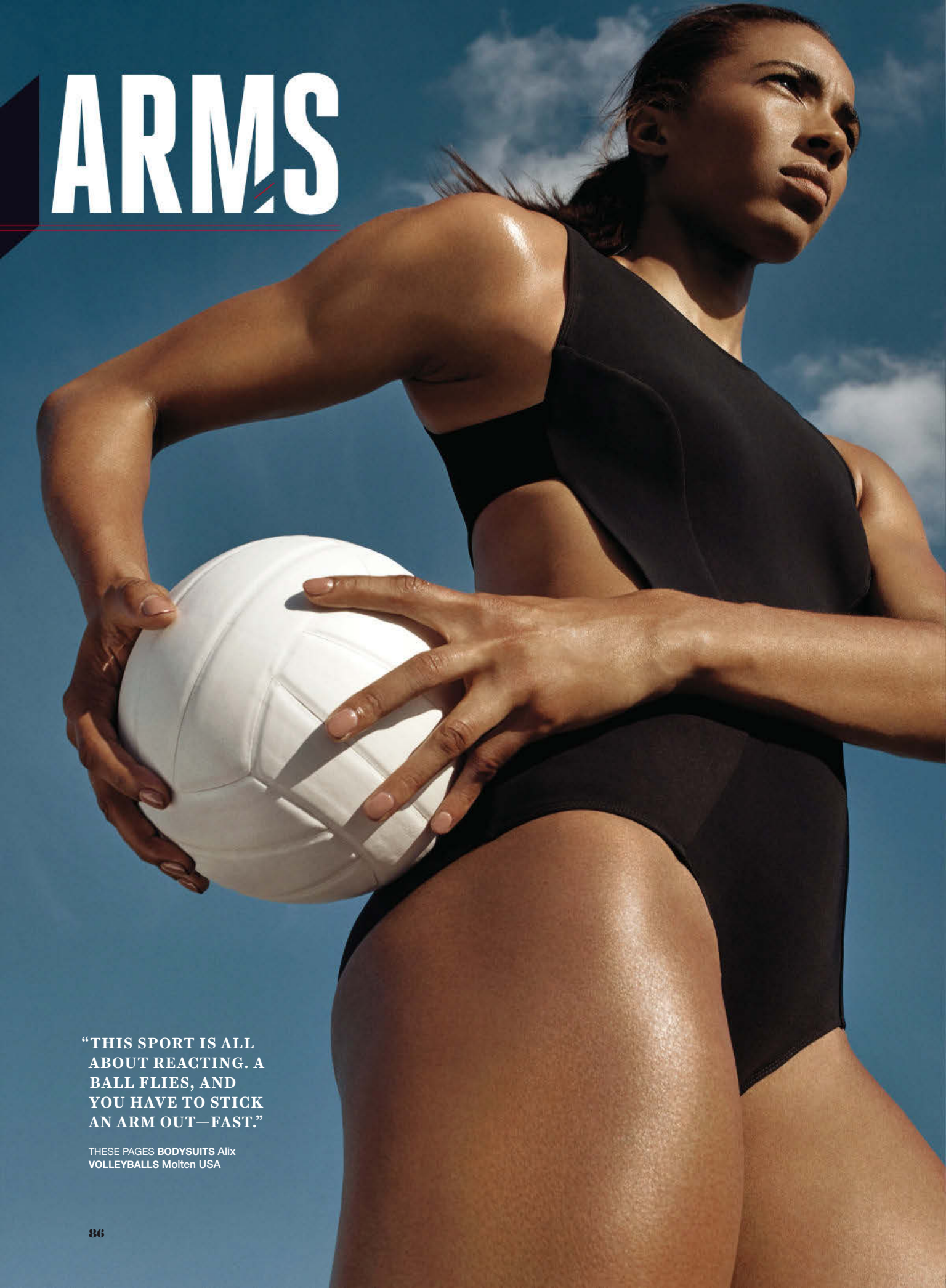
In competition, this 28-year-old Irish national team member storms down the 40-meter runway at almost 20 mph while carrying a 14.5-foot pole above her, then plants it in the ground. During that less-than-five-second sprint, Peña's powerful yet lean legs generate the momentum that launches her up and over the bar, superhero-style. "Each vault is so physically taxing that I actually only practice them a couple of times a week," she says. "So I need to strengthen my legs in other ways." Heavy lifting, explosive plyometrics and speed drills help her build the muscles that propel her down the runway as fast as a world-class sprinter. Just as important? Mental preparation. "I visualize the process of vaulting from my vantage point, and sometimes from an outsider's, during practice, competition and my free time," she says.

LEGS

"EVERY TIME I PLANT THE POLE RIGHT BEFORE I VAULT, MY LEGS AND BODY HAVE TO ABSORB THE FORCE OF FIVE TIMES MY WEIGHT."

TOP American Apparel **BRIEFS** Karla Colletto **SHOES** Nike

ARMS



"THIS SPORT IS ALL ABOUT REACTING. A BALL FLIES, AND YOU HAVE TO STICK AN ARM OUT—FAST."

THESE PAGES **BODYSUITS** Alix
VOLLEYBALLS Molten USA



"I LOVE BLOCKING. YOU CHANGE THE MOMENTUM OF A GAME BY REACHING UP TO DENY YOUR OPPONENT."

RACHAEL ADAMS (LEFT)
CHRISTA HARMOTTO DIETZEN

VOLLEYBALL

The difference between a great volleyball player and a phenomenal one? It's mostly in the arms. Extending them above the net to block an opponent's attack requires strength and endurance; spiking demands force and agility; serving takes precision plus power to clock speeds that can top 60 mph. "Our arms are a big focus of training," says U.S. national team member Adams, 25, who, along with her teammate Dietzen, 28, spends double-digit hours in the gym each week. On the docket: upper-body lifting, plus stretching and yoga to improve rotator cuff flexibility and fend off injury. If the pair wins gold in Rio in 2016, they'll credit not only their arms but also their squad's team-first attitude. "In pro sports, it's easy to just look out for yourself," Dietzen says. "But for us, it's about the women to our left and right."

BUTT



"I DO MOST OF MY CYCLING TRAINING ON HILLS, TO TARGET MY GLUTES."

SWIMSUIT Norma Kamali
BIKINI BOTTOM H&M
BICYCLE Liv Cycling



TRIATHLON

HELEN JENKINS

With three sports—swimming 1 mile, cycling 25 miles, running 6.2 miles—on the line, this British two-time Olympian trains almost 25 hours a week. The engine that powers her: strong glutes. "They give you strength on the bike and improve my all-around triathlon performance," the two-time world champion says. She works them on two- to four-hour bike rides in the hilly coastal region of Wales, where she lives. "I do a lot of overgearing, where I ride at a low cadence to work my glutes even more," she says. She also simulates race situations by "chasing" a training partner (usually her husband, former triathlete Marc Jenkins). All of that work should prep her well for the hilly course she'll compete on in Rio in 2016. But it's just one component of her regimen: Each week she also logs five swims, six or seven runs, and two strength sessions. "The goblet squat is my favorite move for working my butt," she says. The final piece of training—stretching, core work, yoga—is the key to "keeping my body in one piece," she says. Health is a high priority for Jenkins, whose injured knee kept her off the podium at the 2012 London games by a mere 29 seconds. Since that injury, "it's become even more important to me to look after myself," Jenkins says. "I have to get rest and recovery in."

SHAZAM THIS PAGE TO GO BEHIND THE SCENES AND SEE EXCLUSIVE VIDEO OF THESE ATHLETES.

Hair, Rob Talty at Forward Artists; makeup, Kristina Brown at Jed Root; manicure, Debbie Leavitt for Sheswai in Magic; prop styling, Evan Jourdan; production, Camp Productions (except Jenkins and Moellhausen: hair, Maarit Niemela at D+V Management; makeup, Elias Hove at Jed Root; manicure, Michelle Humphrey at LMC; production, The Production Club). See Get-It Guide.

BACK



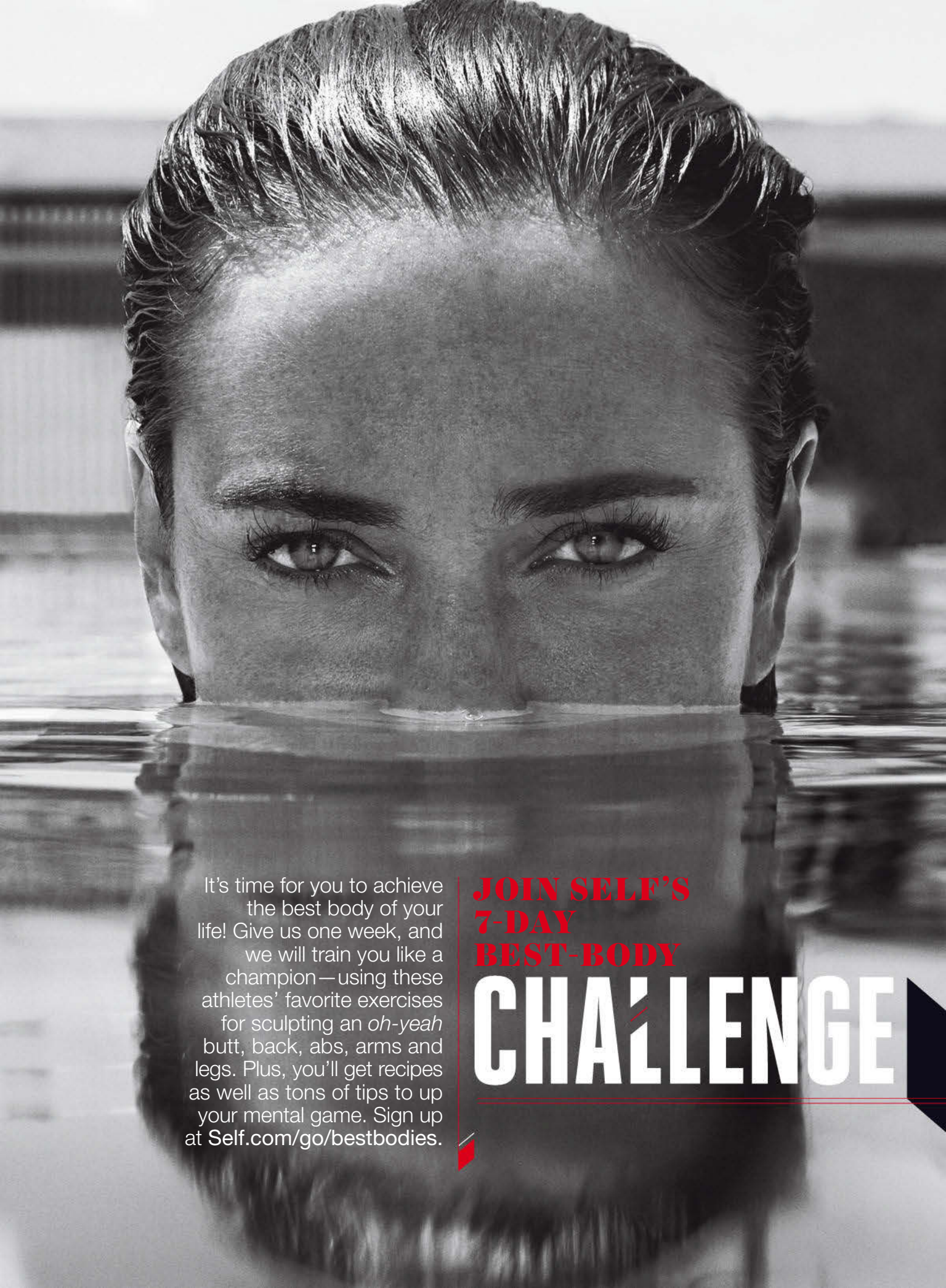
"SCULLING—AN UNDERWATER DRILL THAT MOSTLY USES MY ARMS—IS ONE OF MY FAVORITE WAYS TO WORK MY BACK MUSCLES."

RACING SUIT Speedo

NATALIE COUGHLIN

SWIMMING

In this sport, races can be decided by milliseconds—which is why swimmers constantly work toward an ever-smoother, more balanced stroke. Basically, they're after the kind of picture-perfect, überefficient form exhibited by Coughlin, 32, who credits her showstopping back muscles for much of her success in the pool. "Swimmers tend to sink their lower backs," Coughlin says. "My goal is to get as high on the water as possible." During her one or two hours of daily pool training, she often secures a 14-pound belt around her waist, then swims laps. The belt's resistance helps build powerful muscles with every stroke, from her delts down to her lats. Clearly, it's working: She's already won 12 Olympic medals, and she hopes to compete in Rio in 2016. That's even more amazing when you consider that she has scoliosis, a curvature in the spine that likely developed in childhood and makes her injury-prone. "I'm not a typical swimmer," she says. "I make up for it with competitiveness, flexibility and my natural feel for the water."



It's time for you to achieve the best body of your life! Give us one week, and we will train you like a champion—using these athletes' favorite exercises for sculpting an *oh-yeah* butt, back, abs, arms and legs. Plus, you'll get recipes as well as tons of tips to up your mental game. Sign up at **Self.com/go/bestbodies.**

JOIN SELF'S 7-DAY BEST-BODY CHALLENGE

ABS



NATHALIE MOELLHAUSEN

FENCING

Each time Moellhausen lunges forward or backward during her two daily hours of sword work, she contracts her core to keep her balance. It's the equivalent of doing hundreds of crunches. Still, she's not done: "I end each day of training with more core exercises!" she says. Her abs aren't the only rock-solid asset she brings to the sport; mentally, she's as strong as steel. "Fencing is like chess," says the former world champion, 29, of Italy. "It not only requires strategy, but also concentration." Moellhausen, who will fence for Brazil in Rio in 2016, finds inspiration in samurai culture. "One of the philosophies is 'step by step,'" she says. "If you think about winning or losing, you've lost focus."

"I NEED A STRONG CORE FOR THE QUICK MOVES AND CHANGES IN DIRECTION I MAKE IN A MATCH."

TOP Lululemon Athletica
PANTS Uhlmann Royal

LEGS

POLE VAULTER TORI PEÑA'S TOP MOVES

BOX HOP Stand about 24 inches from a box or bench, facing it. Press through heels and jump onto box, using arms for momentum. Step down one foot at a time to floor for 1 rep. Do 6 sets of 3 reps.

SINGLE-LEG LIFT Stand with feet hip-width apart, a 5- to 10-pound dumbbell in left hand. Lift right foot and, with left knee slightly bent, hinge from hips to lower dumbbell toward right foot. Return to start for 1 rep. Do 10 reps, then switch sides. Do 3 sets per side.

TRAVELING LUNGE Stand with feet hip-width apart, a 10-pound dumbbell in hands at chest height. Step right foot forward into a lunge; pause and twist to right. Bring left foot forward to stand. Repeat on opposite side for 1 rep. Do 3 sets of 10 reps.

SINGLE-LEG SQUAT Stand with feet hip-width apart, arms straight in front of you at chest height. Keep right leg straight as you lift it off floor in front of you and bend left knee so right thigh is parallel to floor. Press through left heel to stand for 1 rep. Do 5 to 8 reps, then switch sides. Do 3 sets.

ARMS

VOLLEYBALL PLAYERS RACHAEL ADAMS'S AND CHRISTA HARMOTTO DIETZEN'S TOP MOVES

HAND WALK Start in a high plank. Lift right hand and right foot at the same time, bringing them 12 inches to right. Repeat with left hand and foot for 1 rep. Do 10 reps. That's 1 set. Repeat in opposite direction. Do 4 sets.

TRICEPS HAMMER Lie faceup on a fitness ball or bench, a 5- or 10-pound dumbbell in each hand. Extend arms overhead. Bend elbows so forearms are parallel to floor. Slowly straighten arms for 1 rep. Do 3 sets of 10 reps.

SHOULDER RAISE Stand with feet hip-width apart, a 5-pound dumbbell in each hand. Keep arms straight as you lift them out to sides to shoulder height; lower. Repeat, raising arms in front of you for 1 rep. Do 3 sets of 10 reps.

SHOULDER ROTATION Stand with feet shoulder-width apart, a 5-pound dumbbell in right hand. Raise dumbbell overhead; bend elbow 90 degrees. Rotate shoulder to bring dumbbell to hip level for 1 rep. Do 10 reps, then switch sides. Do 3 sets.

BUTT

TRIATHLETE HELEN JENKINS'S TOP MOVES

GOBLET SQUAT Stand with feet wide, toes out, a 10- to 20-pound dumbbell in hands in front of chest. Bend knees, lowering hips so thighs are parallel to floor. Stand and squeeze glutes for 1 rep. Do 3 sets of 10 reps.

TABLETOP KICK Start on all fours with hands under shoulders, knees under hips. Extend right leg back until thigh is in line with torso, then bend knee 90 degrees, foot flexed. Kick it a few inches higher. Return to start for 1 rep; do 10 reps. Repeat on opposite side. Do 3 sets.

CLAM Lie on one side, legs stacked and knees bent. With heels touching, slowly open knees for 1 rep. Do 15 reps. Repeat on opposite side. Do 3 sets.

ONE-LEG BRIDGE Lie faceup with arms at sides, knees bent, feet flat on floor. Extend right leg and lift it off floor, flexing foot. Press through left heel and lift hips as high as possible. Lower hips to lightly tap floor for 1 rep. Do 15 reps. Repeat on opposite side. Do 3 sets.

GET YOUR BEST BODY

INSPIRED BY THESE AMAZING PHYSIQUES? TARGET A BODY PART AND DO OUR ATHLETES' MOVES THREE TIMES A WEEK. TO TAKE YOUR RESULTS TO THE NEXT LEVEL, JOIN OUR SEVEN-DAY CHALLENGE AT SELF.COM.

BACK

SWIMMER NATALIE COUGHLIN'S TOP MOVES

ROLLOUT Lie faceup with a fitness ball under lower calves and heels, arms straight at sides, palms on floor. Lift hips as you roll ball toward torso until knees are bent 90 degrees. Return to start for 1 rep. Do 3 sets of 15 reps.

REVERSE FLYE Lie with abs on a fitness ball, legs straight, a 5- to 10-pound dumbbell in each hand at floor. Raise dumbbells out to sides to shoulder height and squeeze shoulder blades together; pause, then lower for 1 rep. Do 3 sets of 10 reps.

HITCHHIKER Lie facedown with arms out to sides, thumbs up. Keep lower body on floor as you squeeze shoulder blades, lifting hands a few inches off floor and forward into a Y position. Pause, then return to start. Continue for up to 2 minutes for 1 set. Do 3 sets.

PLANK ROW Start in a high plank, hands under shoulders, a 5- to 10-pound dumbbell in each hand. Bend elbow to bring right dumbbell to chest height. Lower; repeat on opposite side for 1 rep. Do 3 sets of 10 reps.

SERRATUS PUSH-UP Start in a high plank. Do a push-up. At the top, after straightening arms, lift upper back a few more inches toward ceiling for 1 rep. Do 3 sets of 10 reps.

ABS

FENCER NATHALIE MOELLHAUSEN'S TOP MOVES

REVERSE PLANK Sit with legs outstretched, hands under shoulders and behind butt, fingers away from body. Press through palms and lift hips. Raise right leg and bring knee toward head. Lower; repeat with left leg for 1 rep. Do 3 sets of 20 to 30 reps.

REACH AND EXTEND Lie faceup with arms straight, holding a medicine ball over head. Raise arms and legs to pass ball to legs, holding it between ankles. Lower arms and legs to floor for 1 rep. Continue passing ball between arms and legs for 20 to 30 reps. Do 3 sets.

PLANK PIKE Start in a low plank with feet hip-width apart. Lift hips as high as possible, pausing at top before lowering back to start for 1 rep. Do 3 sets of 20 to 30 reps.

V TWIST Sit on floor with legs straight, lifting them to form a V. Bend knees and bring them toward right shoulder; pause, then return to start. Repeat on opposite side for 1 rep. Do 3 sets of 20 to 30 reps.

FASTER, STRONGER, BETTER

WHAT WOULD IT TAKE TO REACH YOUR TRUE ATHLETIC POTENTIAL? ONE WEEKEND WARRIOR HEADS TO THE U.S. OLYMPIC TRAINING CENTER TO FIND OUT. BY JAYME MOYE

I'm running as fast as I can on a treadmill in a bright white room at the U.S. Olympic Training Center in Colorado Springs. A touchscreen by the door controls the climate and altitude effects, simulating the conditions of Mount Everest's Base Camp II at 21,300 feet or the 90-degree heat and 75 percent humidity of the Peruvian Amazon. Every three minutes, I hop off the belt so a sport physiologist can prick my finger to extract a drop of blood. A long glass wall allows tourists and sports scientists a view of the sweaty human lab experiment inside.

The High Altitude Training Center, as this space is called, is one of only a few in the world. Access is reserved for Team USA athletes, many of whom compete in the World Cup and the Olympics. The center itself—a 35-acre complex that houses more than 500 athletes and coaches, with a state-of-the-art sports medicine clinic and facilities for fencing, gymnastics, triathlon and wrestling, among others—is closed to the public except for tours and special events. And me.

PHOTOGRAPHED BY NIGEL COX



JUMP-START YOUR FITNESS
Great athletes are born—and also made. To get there, you have to find your "optimal push."
SNEAKERS APL, $150; APLRunning.com

Not that I have anything in common with these Olympians. I regularly jog the scenic trails around my home in Boulder, Colorado, and at 39, I've run my share of road races. But I've often wondered what kind of speed I could dial up if I *really* pushed myself and adopted, say, the workout of four-time gold-medal sprinter Allyson Felix. Now, I'm about to find out. For eight blistering weeks, I'll have access to tools and training techniques not available to most ordinary mortals. This lactate threshold test, administered by Lindsay Hyman (the aforementioned sport physiologist), is a key part of my program. LT is used to gauge fitness by measuring the intensity at which muscle-paralyzing lactate starts to accumulate in the bloodstream—and is performed on Team USA's runners and triathletes before each season. In two months, we'll check my results again, before I put my newfound fitness to the test in a 5K. I may never earn a spot on a podium, much less a cereal box, but I'm going for my own gold: a personal best.

BUILT TO WIN

During my first visit to the center, Team USA Swimming is here for a three-week camp. Some wrestlers, boxers and track athletes are here, too, and in the sports medicine clinic I spot Brigetta Barrett—an Olympic silver medalist in the high jump. She's unmistakable, standing a ropy 6 feet tall with a mass of long braids. Surrounded by these amazing specimens of human performance, the fittest of the fit, I'm reminded that more than just their training sets them apart from the rest of us.

Genetics, or innate ability, plays a significant part in performance, though no single known gene

AFTER EIGHT BLISTERING WEEKS, I'LL GO FOR MY OWN GOLD: A PERSONAL BEST.

makes someone a brilliant athlete, according to David Epstein, author of *The Sports Gene*. Barrett's long legs and lean physique are perfect for catapulting her vertically, just as swimmers' long torsos help them power through water and sprinters' fast-twitch muscles give them explosive speed. Beyond body type, though, athletes can have other innate advantages, such as aerobic capacity (the oxygen your body uses at top effort, called VO_2Max, key in endurance sports). "In the thousands of VO_2Max tests I've conducted here, most endurance athletes had values above or highly above average," Hyman tells me. But aerobic capacity—like many other traits, from speed to learning the cues to hit a ball—is trainable, even for the average athlete. In fact, studies show VO_2Max can be boosted by up to 50 percent, according to Epstein. To improve any of these traits, he says, we need to raise our intensity level and find our "optimal push."

Looks like I'll be pushing extra hard: Hyman reads my blood test and says that my LT reflects roughly a 9-minute-mile pace—any faster and too much lactic acid would build up in my muscles to keep going. But I'm hoping to break 25 minutes in my 5K, which means running 8-minute miles. To get there, I'll need to improve my efficiency with a running coach. I'll also follow a strength and conditioning program, critical to all high-performance sports, according to physiologist Amanda Wittenmyer.

Wittenmyer and I traverse the mammoth new 37,000-square-foot training space, whose floor-to-ceiling windows tint automatically to manage solar heat and glare throughout the day. The turf that separates the equipment from the 125-meter, three-lane running track simulates the feel of natural grass. The track is made of Mondo Super X, the same surface that's been used at the Olympics. At the west end of the building on "the hill"—a 19-meter sprint incline set at a 30-degree angle—Team USA Boxing is making a ruckus. I watch them do a series of sprints up the steep ramp, heckling and laughing. 2012 Olympic gold medalist Claressa Shields cheers them from the top. When she spies me, she shouts, "How you doing?!" and I walk a little taller. Maybe I've just passed for an actual athlete.

We reach the weight area, containing a reported 19,200 pounds of barbells, weight plates and dumbbells. I spot 11-time Olympic medalist Ryan Lochte at the squat rack doing dead lifts. ("Swimmers are pec- and lat-dominant, so we work on strengthening their backs," Wittenmyer notes.) My fantasies that he, too, has noticed the new girl on the floor fade fast as he completes his set and racks the weight without so much as a glance in my direction.

Wittenmyer says she takes a hyperpersonalized approach to designing strength programs based on each person's sport, and also on barely perceptible weaknesses that could hold an athlete back. When I do single-leg vertical jumps, she spots an imbalance—my right leg is stronger than my left. Watching me do a deep squat, she notes that I have good hip, ankle and thoracic spine mobility (thank you, yoga), but my single-leg squats reveal that I am quad-dominant, meaning the fronts of my thighs are more developed than my hamstrings and glutes. Last, I do the "beep test," which involves sprinting back and forth between two cones when a timer goes off. The beeps start coming rapidly, and soon I can't shuttle between the cones fast enough to keep up. I excuse myself to the restroom, where I barely make it before burping up vomit into the sink.

Wittenmyer's conditioning program calls for three workouts a week, to be completed at my (decidedly unelite) local gym. These will help strengthen my core, a runner's source of stability,

PROP STYLING, JARED LAWTON AT APOSTROPHE.

and correct imbalances—for instance, drills like lateral squats can complement the forward motion of the running stride.

Stride, also known as gait, is key to running efficiency, and the center has some sophisticated tools for analysis, including the Noraxon treadmill. In yet another gleaming lab, a biomechanics grad student affixes three sensors to my legs and along my spine. Within seconds, my skeleton avatar appears on a big screen. I hop on the treadmill and watch my skeleton running from three angles, *Tron*-like. Under the platform, thousands of sensors generate a pressure map of my foot strike.

Dustin Nabhan, United States Olympic Committee associate director of clinical research and multidisciplinary care, reviews my results in a 21-page report. It details key gait parameters, including side-to-side force output and joint range of motion while running. Nabhan says he's looking for symmetry and gait consistency. "We had the world's best miler in here, and her pressure readout was perfect," he tells me. While my form isn't perfect (I overpronate), I don't have any glaring asymmetries that would set me up for injury. If I focus on form drills with my running coach, Nabhan says, I'll be able to run faster without using more energy. Physiologists alluringly call this phenomenon "free speed," and I'm ready to collect on it.

CHASING GLORY

I need a coach, but I can't find a USA Track & Field pro in Boulder. I turn instead to Melody Fairchild, the first female high school athlete to break 10 minutes for 2 miles (9:55.9), who has coached several junior champions. Straight up, she pronounces my 25-minute goal a stretch, but not impossible.

To get there, Fairchild creates four weekly running workouts. She notes that most amateurs train at an unproductive pace. By that she means a pace that improves neither the aerobic system (endurance) nor the anaerobic system (top-end speed). Instead, most of us run at a pace that's challenging enough to stay fit, but not so hard that we're really pushing ourselves. It's a dead zone, physiologically speaking. You build an aerobic base by running slowly over a period of time, while anaerobic improvements come from running fast. Distance runners need both. "You can't run fast without running slow," she says.

Fairchild structures my program to spend time in each zone, so I'm usually running either very fast or very slow. My Wednesday run, for example, starts with a gentle 10-minute warm-up, followed by 20 minutes of alternating fast and slow running for 1 minute at a time, then finishing with a 10-minute cooldown.

We also work on my form, as Nabhan had suggested, fixing imbalances and building efficiencies, like learning to bend at the ankle and "fall" into my stride. She teaches me to unlock my whole rib cage to catch a deeper breath. I imagine lifting my chest and a line of energy radiating from my back, like wings.

The first two weeks of training are the toughest. Doing three days of strength and conditioning on top of four days of running is brutal—try doing a split squat on legs shredded from overuse. I feel tired all the time and sore all over. And hungry.

So hungry, in fact, that I return to the center to meet with senior sport dietitian Alicia Kendig. She says I need to boost FASTER, STRONGER, BETTER > 108



TRAIN LIKE AN OLYMPIAN

FOUR TOOLS AND TESTS TO HELP YOU REACH YOUR PERSONAL BEST

1. **Gait analysis**
This is a treadmill test that offers a video snapshot of your running form to help reduce injury risk and increase speed. Many specialized running stores now offer it, as do performance gyms like New York City's Mile High Run Club. $199; MileHighRunClub.com

2. **Body composition**
A better gauge of fitness gains than weight alone, a body-composition test offers a peek into your lean muscle mass ratio. These evaluations are available at some high-end gyms and spas, like the Vail Vitality Center in Colorado. $45; VailVitalityCenter.com

3. **Muscle balance**
Ongoing muscle imbalances can set you up for injury. Keep yours in check with Athos's new tanks and capris, which use built-in muscle-analyzing sensors that link to a Bluetooth-enabled device to monitor your effort. $149 to $348; LiveAthos.com

4. **Lactate threshold**
This aerobic fitness test usually requires drawing blood and is offered at most sports med facilities. Avoid needles with the BSX Insight, a sock with embedded sensors to monitor blood-oxygen levels so you can train in the zone for that next marathon or mudder. $300; BSXInsight.com

CUT TO IT

The best way to show off your yoga arms, boxing abs and allover sexy bod? This season's cutouts. Add pops of color and playful extras—like model Kelly Gale, you'll be ready for after-hours anything.





PIECE OUT

A body-con dress or single-sleeved crop top lets you flash a slice (or two) of midriff. "I keep my abs in shape by boxing," says Gale. "You end up using those muscles constantly."

DRESS David Koma **EARRINGS** Barbara Casasola **WRISTLET** Cédric Charlier, $780 OPPOSITE **TEE** $135, and **SKIRT** $472, Jacquemus **RED EARRING** MSGM, $158 per pair **HOOP EARRING** Dinosaur Designs, $95 per pair

PHOTOGRAPHED BY BJARNE JONASSON

STYLED BY MELISSA VENTOSA MARTIN

KELLY GALE

AGE 20 **ORIGINALLY FROM** Gothenburg, Sweden
HOME BASE New York City

HER GO-TO WORKOUTS
I box at Aerospace. I run. I jump rope. And I use resistance bands and weights. For me, there's no such thing as skipping a workout. I either do it now or later, but I always do it, six days a week.

HER BEST BREAKFAST
I make bircher muesli: ½ cup oats, 1 tbsp plain yogurt, 2 tbsp green juice, ¼ cup grated apple and dashes of cardamom and cinnamon. Soak it overnight and top with nuts and berries; it keeps me full all morning.

HER BIG BREAK
When I booked my first Victoria's Secret show in 2013, I didn't tell *anyone* except my mom. I didn't believe it was going to happen.

HER FAVORITE NIGHT OUT
Going dancing, or anything involving a lot of adrenaline—like trapeze flying, I love that.

HER ONE DATING RULE
Turn off your phone!



CLUTCH PLAYER

Style home run: pairing a killer LBD (that circle of skin!) with bangles and a bright bag. "I love a nice clutch when I go out," Gale says. "I always take my wallet, phone, lip gloss—and some nuts for snacking!"

DRESS Calvin Klein Collection, $2,995 **HOOP EARRING** Sophie Buhai, $390 per pair **YELLOW EARRING** Barbara Casasola **BANGLES** Ex Oxo, $69 each **CLUTCH** Narciso Rodriguez



GO DEEP

Balance a dress cut down to there with a bandeau top underneath, then leave arms bare. “I like wearing things that show off my arms and shoulders. It makes me feel strong yet feminine,” Gale says.

DRESS Sportmax, $1,090
BANDEAU TOP Mikoh, $108
RED EARRING MSGM, $158 per pair **CIRCLE EARRING** Trademark, $228 per pair

Hair, Yukiko Tajima for Oribé Hair Care; makeup, Georgi Sandev for Chanel Les Beiges; manicure, Naomi Yasuda at Streeters. See Get-It Guide.


Photo: Patrick Demarchelier
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INDULGE



CITRUS-DRIZZLED VEGETABLE KEBABS
Caramelized, flame-broiled veggies with a tangy twist

BEYOND THE BURGER

*Use your grill to make salads, pizza—even dessert! NYC caterer **Mary Giuliani** shows you how to reinvent the classic summer cookout.*

Photographed by CON POULOS



GRILLED STEAK WITH GREMOLATA
Parsley, zest and a smear of garlic make a simple main special—add a little or a lot.

GET GRILLING

1. Before you start cooking, clean and oil grates. If using a gas grill, preheat for 10 minutes on high.
2. Throw on a "test" veggie or piece of meat to make sure flames aren't so high that they'll burn your food.
3. Check for doneness every few minutes; hot spots make it tricky to predict cook time.

GRILLED KALE WITH PARMESAN DRESSING
It's easy, tasty and full of vitamins C and K.



SHRIMP AND PESTO PIZZA
This flavor-packed flatbread is made for sharing (and Instagramming).



Citrus-Drizzled Vegetable Kebabs

SERVES 6 TO 8

- 8 medium red and yellow beets, scrubbed
- 8 wooden (or metal) skewers
- ½ cup olive oil, divided
- 1 lb brussels sprouts
- 1 medium red onion
- 2 medium zucchini
- 2 medium yellow squash
- 1 tbsp lemon zest
- 2 tbsp lemon juice
- 1 tbsp orange zest
- ¼ cup orange juice
- 1 tbsp grapefruit zest
- ¼ cup grapefruit juice
- ½ tbsp honey

Heat oven to 375°. Wrap each beet in foil and roast on a baking sheet until easily pierced with a fork, about 45 minutes. If using wooden skewers, soak in water 30 minutes. Cool, peel and cut beets into 1-inch pieces. Thread onto skewers, alternating red and yellow pieces. Coat in ½ tbsp olive oil; set aside. In a pot, boil brussels sprouts until tender, 3 to 4 minutes. Drain; set aside. Cut onion into 1-inch pieces. Thread onto skewers, alternating sprouts and onions. Coat in ½ tbsp oil; set aside. With a mandoline, slice zucchini and squash into ⅛-inch-thick ribbons. Coat in ½ tbsp oil and thread onto skewers. Season kebabs with salt and pepper to taste. On an oiled grill (or grill pan) over high heat, cook until slightly charred, 3 minutes per side. Remove from heat. In a bowl, combine remaining oil, zests, juices, honey, and salt and pepper to taste. Drizzle over kebabs and serve.

Shrimp and Pesto Pizza

SERVES 6

- ½ cup pine nuts
- 4 cups fresh basil, plus more for garnish
- 3 garlic cloves, divided
- ½ cup grated Parmigiano-Reggiano
- 1 tsp salt
- 1 tsp pepper
- ¾ cup olive oil, divided
- 1 tbsp red pepper flakes
- ½ lb shrimp, peeled and deveined
- 1 lemon, sliced into ⅛-inch rounds
- 1 package premade pizza dough
- ½ cup plain ricotta

In a medium pan over medium heat, toast pine nuts until fragrant, 3 to 5 minutes. Set aside. In a food processor, combine pine nuts, 4 cups basil, 1 garlic clove, Parmigiano-Reggiano, salt and pepper. Slowly add ½ cup oil until well combined. Set aside. In a medium pan over medium-high heat, heat 2 tbsp oil. Add remaining 2 cloves garlic, finely chopped, and red pepper flakes; cook 2 minutes. Add shrimp and cook until opaque, about 2 minutes per side. Remove from heat. On a lightly oiled grill (or grill pan) over medium-high heat, grill lemon rounds until lightly charred, 2 to 3 minutes per side. Remove from heat. On a floured surface, roll out dough into an oblong shape about 12 inches long and ¼ inch thick. Brush dough on one side with 1 tbsp olive oil and grill over medium-high heat, 8 minutes. Flip, brush with remaining 1 tbsp oil and grill 8 minutes more. Remove from heat and top with pesto, dollops of ricotta, shrimp and lemon slices. Garnish with basil and serve.

Grilled Kale With Parmesan Dressing

SERVES 6

- 1 bunch Tuscan (Lacinato) kale
- ¼ cup extra-virgin olive oil, divided
- 1 garlic clove, finely chopped
- 1 tsp crushed black pepper
- 1 tsp sea salt
- ⅓ cup white balsamic vinegar
- ½ cup grated Parmigiano-Reggiano

With a vegetable peeler, lightly peel backs of kale stems. In a bowl, combine 2 tbsp oil, garlic, pepper and salt. Add kale leaves and toss to coat. On a grill (or grill pan) over medium-high heat, grill kale leaves, 3 minutes per side. Remove from heat and arrange on a serving dish. In another bowl, combine remaining 2 tbsp oil, vinegar and ¼ cup cheese. Pour over kale. Sprinkle with remaining cheese and serve.

Grilled Steak With Gremolata

SERVES 6

- 2 garlic heads, plus 1 clove, finely chopped
- 2 lb flank steak
- 1 tsp sea salt, plus more to taste
- 1 tsp black pepper, plus more to taste
- ⅓ cup parsley, finely chopped
- 1 tbsp grapefruit zest

Cut tops off garlic heads. Wrap in foil and cook on grill (or grill pan) over high heat until soft, about 25 minutes. Remove from heat. Season steak with salt and pepper. Grill over high heat, about 4 minutes per side for medium-rare. Remove from heat and let sit 5 minutes. In a bowl, combine chopped garlic clove, parsley, zest, and salt and pepper to taste. Slice steak; serve with gremolata and roasted garlic heads.

Grilled Plums With Vanilla Ice Cream

SERVES 6

- 6 plums, halved and pitted
- 3 tbsp unsalted butter, melted
- 1½ tbsp brown sugar
- 1½ pints vanilla ice cream

In a bowl, toss plums in melted butter to coat. Sprinkle with brown sugar. On a grill (or grill pan) over medium-high heat, cook plums until lightly charred, 3 to 5 minutes per side. Divide plums and ice cream among 6 bowls and serve.

FOOD STYLING, SIMON ANDREWS; PROP STYLING, SARAH SMART.





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SHE'S THE ONE

CONTINUED FROM 80



she says. But she has grown to love her industry—the travel, the chance to meet and learn from so many people at the top of their game. As it turns out, modeling is the perfect career for someone with Kloss's appetite for learning. "Every spare minute I have, I'm diving into other projects," she says. "It's been fulfilling to build things while simultaneously walking runways."

This fall, Kloss will enroll in NYU's Gallatin School of Individualized Study, which appeals to her because she can design her own curriculum. "My ambition is really just to study things that I'm curious about," she says. "I want to study computer science. I want to study psychology. I'm fascinated by space. I want to study art history."

Also on her to-do list: expanding the Karlie's Kookies brand. When I suggest she sell them to Whole Foods, she morphs into the pragmatic CEO of Karlie Inc. "In order to do that, we'd have to find a good manufacturing facility. Trust me, I've already mapped it all out in my brain. I actually had students at Harvard Business School do a field study."

Kloss's boundless energy and ambition are legendary among those who know her. Friend and writer Derek Blasberg offers a story about a night earlier this year: He and Kloss were in Paris, and a snowstorm headed for New York caused most flights home to be canceled. Kloss was booked on a *Vogue* shoot the next morning in New York City but still had to walk the Versace couture show that night. "After the show, Donatella hosted a dinner, and then we went dancing," says Blasberg. "And then Karlie went straight to the airport, with her makeup still on, to get the last seat on the last plane to reach New York before the blizzard." Needless to say, Kloss made it to her shoot.

Her spring-into-summer will end up being a blur of activity. She'll attend the White House Correspondents' Dinner as Katie Couric's date, gleefully updating her Instagram followers on the #NerdProm. She'll light up Cannes in a slinky, sequined Versace number, then jet home to St. Louis for a weekend with her family, then visit Montauk, New York, with Kushner. Kristine says she still gets an occasional 3 A.M. call from Kloss, alone in a hotel room somewhere, feeling homesick. But for the most part, she lives happily in motion, a person determined to squeeze every last ounce of experience from the opportunities she's been given.

It's getting late, and Kloss is scheduled to Skype with her sisters, after which she'll fit in a quick run before her SELF shoot tomorrow. "It really is such a release for me mentally," she says. "That's why I'm so passionate about health and fitness." She swings her sneakers over her shoulder—and then, flashing one last irresistible smile, she's off. You are rooting for her, wherever she's going. ⬢

FASTER, STRONGER, BETTER

CONTINUED FROM 97



my daily protein intake now that I'm exercising at endurance-athlete levels. That is, 1.2 to 1.4 grams of protein per kilogram of body weight, or 63 to 74 grams a day. (I'd been getting just half of that.) She urges me to add a daily protein bar and more fish to my diet.

While I'm there, Lindsay Hyman lets me try the AlterG Anti-Gravity Treadmill, which is used to prevent injury when a runner increases her mileage quickly. The AlterG resembles some kind of space pod with a chamber for the lower body; Hyman zips me into the pod, and the chamber fills with air. I slowly start to jog when she presses a button that removes 10 percent of my body weight. Suddenly, my sore legs move faster. For kicks, she cranks it up to 80 percent weightlessness, and it's like I'm running on the moon. I feel like I could go on forever.

Back at home, past the halfway point of my training, my body is adapting. I'm no longer sore or tired. While my diet has improved, I find I've simply stopped drinking wine—as if my body just knows what it needs to be a high-performance machine.

I can tell I look more toned—and a final body-composition test confirms that my body fat has decreased by 2 percent. My LT improves by 10 seconds, and my heart rate is five beats lower at LT. The numbers show I'm getting fitter. But will it be enough to reach my goal?

On race morning, I arrive an hour early, as instructed. I start my warm-up at 8:20, finish at 8:40 to hit the toilet, then get to the start at 8:50. I bounce from one leg to the other to keep my heart rate up.

The race starts fast, as Fairchild said it would, and I settle into an 8-minute-mile pace. I clock mile 1 at 8:02. Problem is, I have 2.1 miles to go. Apparently the LT test doesn't lie. I can't get my heart rate under control; my legs and lungs burn, and I finish mile 2 in 8:22. I dig deep to find that reservoir of free speed in mile 3—focusing on my form, keeping my chest open, imagining wings behind me. I fly across the finish line in 25:54.

Technically, it's a fail. (Any true Olympian would regard it that way.) But I'm far from bummed. I'm in the best shape of my life. I just set a personal record. My finish also put me in the top 10 of the 313 women in my age group after just eight weeks of training.

That podium is almost within reach. Just give me eight more weeks. ⬢

GET-IT GUIDE

Cover Custom swimsuit, Proenza Schouler, $350; 212-420-7300. Bangles, Proenza Schouler, $670 and $730; 212-585-3200. **Page 13** Swimsuit, Jolyn, $55; JolynClothing.com. **Page 34** Pants, clockwise from top left: No Ka'Oi, $184; Fashercise.com. No Ka'Oi, $232; NoKaOi Shop.com. No Ka'Oi, $197; ZapposCouture .com. No Ka'Oi, $202; Fashercise.com. **Page 45** Sports bra, Monreal London, $238; Carbon38.com. Pants, $110; OlympiaActivewear .com. Sneakers, Under Armour, $100; UA.com. **Pages 74–75** Jacket, Paco Rabanne, $1,150; Barneys New York. Bikini bottom, $72; Nu-Swim.com. Sneakers, $90; Nike.com. **Page 76** Red top, Marques'Almeida, $495; OpeningCeremony.us. White top, Prae, $105; PraeNYC.com. **Pages 78–79** Custom top, $237, bodysuit, $313, and leggings, $262; KatieGallagher.com. **Page 81** Custom silver bodysuit, Ohne Titel; Neiman Marcus for similar styles. Marble bodysuit, $449, and arm warmers, $215, Missoni; 212-517-9339. **Page 82** Bodysuit, $449, and leggings, $690, Missoni; 212-517-9339. **Page 83** Custom black swimsuit, $350, and green swimsuit, $350; RochelleSara.com. Sheer top; AcneStudios .com for similar styles. **Pages 84–85** Top, $35; AmericanApparel.net. Briefs, Karla Colletto; Neiman Marcus for similar styles. Shoes; Nike.com for similar styles. **Page 86** Bodysuit, Alix, $295; Shopbop.com. Volleyball, $81; MoltenUSA.com. **Page 87** Bodysuit, Alix, $295; Shopbop.com. **Page 88** Swimsuit, Norma Kamali; Shop.Norma Kamali.com for similar styles. Bikini bottom, $18; HM.com. Bicycle, Liv Cycling, $8,300; LivGiantUSA.com. **Page 90** Racing suit, Speedo, $395; SpeedoUSA.com. **Page 92** Top, Lululemon Athletica, $88; Lululemon .com. Pants, Uhlmann Royal, $133; TheFencingPost.com. **Page 98** Tee, $135, and skirt, $472; Jacquemus .com. Red earring, $158 per pair; MSGM.it for stores. Hoop earring, $95 per pair; DinosaurDesigns .com. **Page 99** Dress, David Koma; Stylebop .com for similar styles. Earrings, Barbara Casasola; Net-A-Porter .com. Wristlet, Cédric Charlier, $780; Forty Five Ten, 214-559-4510. **Page 100** Dress, Calvin Klein Collection, $2,995; 212-292-9000. Hoop earring, $390 per pair; SophieBuhai.com. Yellow earring, Barbara Casasola; Net-A-Porter.com. Bangles, $69 each; ExOvo .com. Clutch, Narciso Rodriguez; Barneys New York for similar styles. **Page 101** Dress, Sportmax, $1,090; 212-674-1817. Bandeau top, $108; Mikoh.com. Red earring, $158 per pair; MSGM.it for stores. Circle earring, $228 per pair; Trade-mark.com.

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WHY I...

STRIKE

By **PAIGE McPHERSON,** 24, of Miami,
Olympic bronze medalist in tae kwon do

I started doing tae kwon do when I was 7 years old. I knew I had talent, but my passion really kicked in watching the 2008 Olympics with my family. I thought, I want to be an Olympian. That's when I realized tae kwon do could be more than just a hobby.

Part of the appeal is the striking and kicking—I feel powerful. But the sport requires more than physical ability. You need discipline. As I worked harder, I won more tournaments. Many of my teammates stopped competing, but I kept going.

When I was 17, I earned a spot on the junior national team. Being from a small town in South Dakota, I felt I had to put more effort in to succeed on a national level. I won a gold medal in my first major championship, then decided to go for the next Olympics.

To train, I had to move to Miami. I was 18, and it was the hardest thing because I'm so close to my family. But tae kwon do is another family for me. And getting to the London Olympics made the sacrifices worth it. Just being on the U.S. team was a celebration. My parents were cheering me on. It was surreal. Winning a bronze medal was icing on the cake.

In practice, I train to my opponent. If she's fast, I move faster. If she's flexible, I have a trick using my front leg to block her. We learn strategies in the gym to respond and switch up our fighting style. As soon as I step into the ring, I know I am fully capable of winning. I'll look at my opponent and think, I'm faster than her. I'm stronger than her. Let's go.

"As soon as I step into the ring, I know I am fully capable of winning the match."

DAVID BARROW

McPherson practices on the Miami coastline.

SHAZAM THIS PAGE TO SEE HOW McPHERSON GETS MOTIVATED.